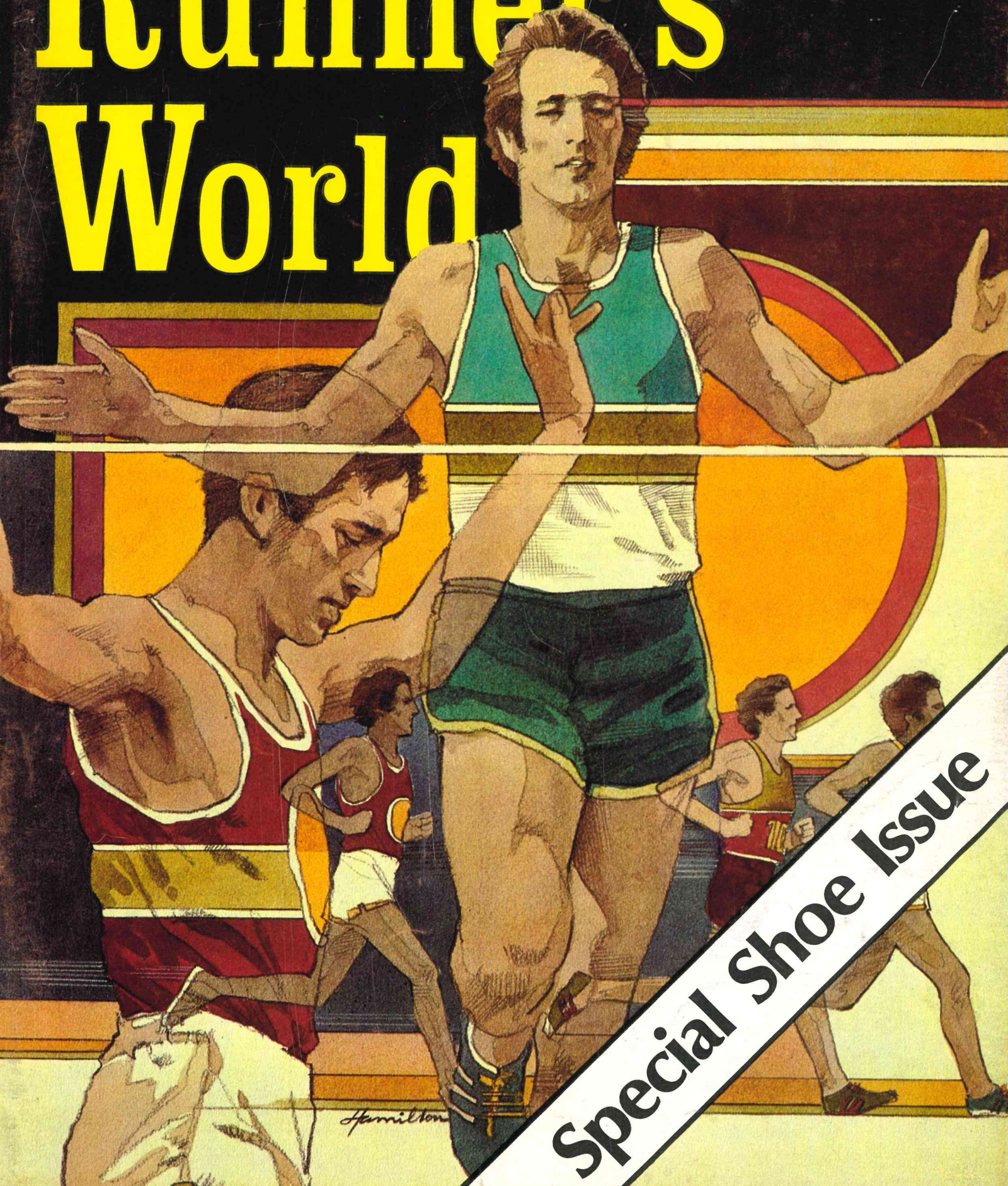


# Runner's World



Special Shoe Issue

# The secrets of the Earth<sup>®</sup> shoe.

When the Earth<sup>®</sup> shoe was first invented, an uproar began. The heel was lower than the toe! For years people talked about it, wrote about it, stared at it, tried it, and finally came to love it.

And of course, many, many shoe companies tried to copy it.

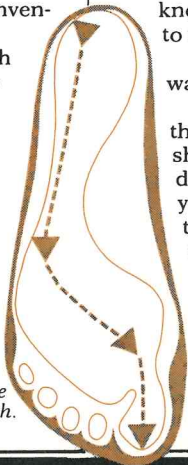
But all they knew about was our heel. Nobody knew about the rest of the Earth<sup>®</sup> shoe, which is every bit as remarkable as our heel.

Nobody knew our secrets. Yet, all along, those secrets have been doing incredible, positive things for you.

## The better you walk the easier it is.

Inside every Earth brand shoe is a brilliant invention. The Earth sole. An invention that guides you, inch by inch, through a unique experience which we call 'pure walking.' A path of motion designed to balance, focus and concentrate your own natural forces so that you will walk, perhaps for the first time, with continuous, comfortable easy power.

The Earth shoe 'power path.'



## The theory of 'pure walking.'

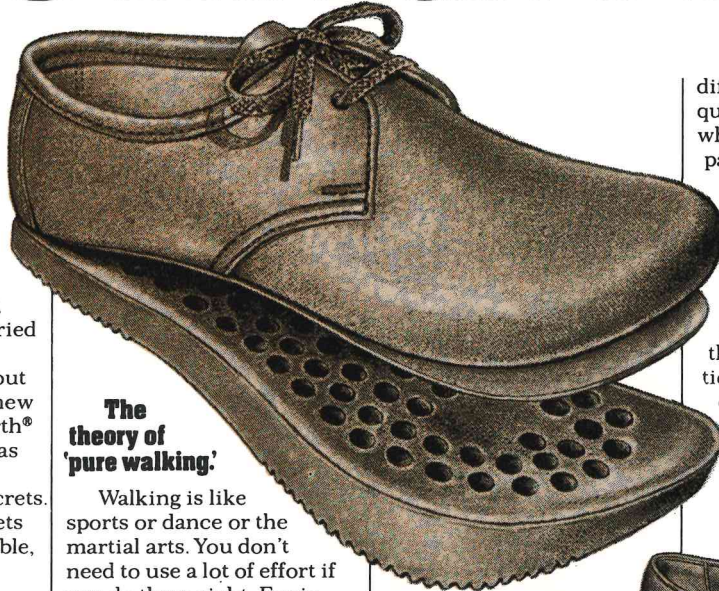
Walking is like sports or dance or the martial arts. You don't need to use a lot of effort if you do them right. For instance, you can hit a tennis ball perfectly using practically no force, if your form is right and you know which muscles to use.

The same is true of walking.

And that's what the Earth brand shoe is designed to do. To choreograph your walk, to concentrate your power, to focus your movement into an efficient, comfortable, easy, powerful way to walk.

## The 'power path' of the Earth sole.

The Earth brand shoe is precisely calculated and constructed. It shifts your weight in a carefully plotted path, rolling from the lowered heel to the outside of your foot, across the ball of your foot, and ending with the big toe.



differences... can function quite differently. That is why the Earth<sup>®</sup> shoe is patented under the U.S.

patent number 3305947.

There is only one Earth<sup>®</sup> shoe. And although it comes in many, many styles from sandals to oxfords to hiking boots to dress shoes to sports shoes, they are all the most revolutionary, sophisticated and comfortable shoe ever designed.

The EARTH brand shoe comes in styles for men and women. From \$23.50 to \$49.50. Prices slightly higher in the West.



This 'power path' was designed by Anne Kalsø after years of study and experimentation.

When you walk in the Earth<sup>®</sup> shoe, you will feel and understand why this path of motion is so special, so powerful, so effective.

## Only the Earth<sup>®</sup> shoe has the Earth sole.

Our secrets work too perfectly, too carefully, too powerfully to be tampered with. After all, balancing our shoe is a delicate and intricate process. And the difference between easy, smooth, powerful walking and difficult walking could be only a fraction of an inch.

So we should warn you against imitations. Not only is the Earth brand shoe the original negative heel shoe, but it took years to develop and perfect. And the slightest change... a copy with what seems to be small

**KALSØ** Earth<sup>®</sup> shoe

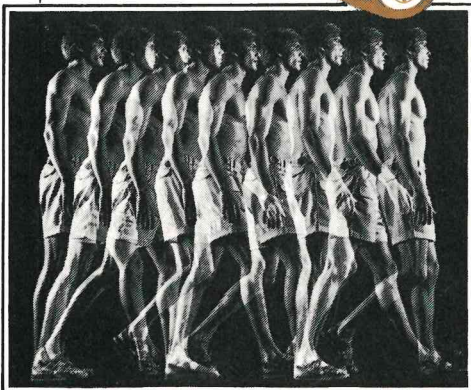
"EARTH is the registered trademark of Kalsø Systemet, Inc. for its negative heel shoes and other products.

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**Anne Kalsø.**

Inventor of the EARTH negative heel shoe.



You can only buy the Earth<sup>®</sup> shoe at Earth Shoe Stores. For the location nearest you, call toll free 800-327-8912. In Florida 800-432-5024. Earth shoes are also sold in Montreal, Toronto, Copenhagen, and Munich.

# "Show me a runner whose shoes don't fit, and I'll show you a loser"

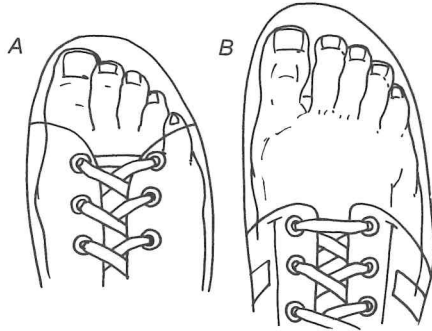
— Jim Davis, President, New Balance Athletic Shoe Inc.

At New Balance we tend to think of those words as Running Shoe Gospel. For 20 years we've been manufacturing racing and training shoes in width sizes as well as lengths. Conventional athletic shoe thinking says that one width can be laced and tightened to fit all feet. We say that's just so much bushwah. And the pinched toes and sore arches and blisters on top of the feet experienced by runners who wear those other shoes just prove our point.

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**B**  
The New Balance method restricts lace tightening to our saddle over the instep, assuring toe freedom.



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____ pair Competition @ \$17.50	Size: _____	_____
____ Spare Pair information		
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Watertown, Massachusetts 02172



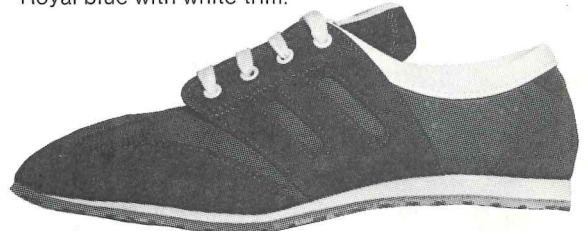
**Interval 3:05** The ultimate training shoe, weighing only 9½ oz. yet durable enough for road racing. Leather-reinforced nylon upper with flocked nylon lining. Protective midsole plus heel-elevating softee wedge to reduce extension of the Achilles tendon and cushion the leg. Flared heel to stabilize the foot during heel strike and reduce ankle-roll injuries. Men and women, 3½ AA to 15 EEE, in Navy blue with white trim.



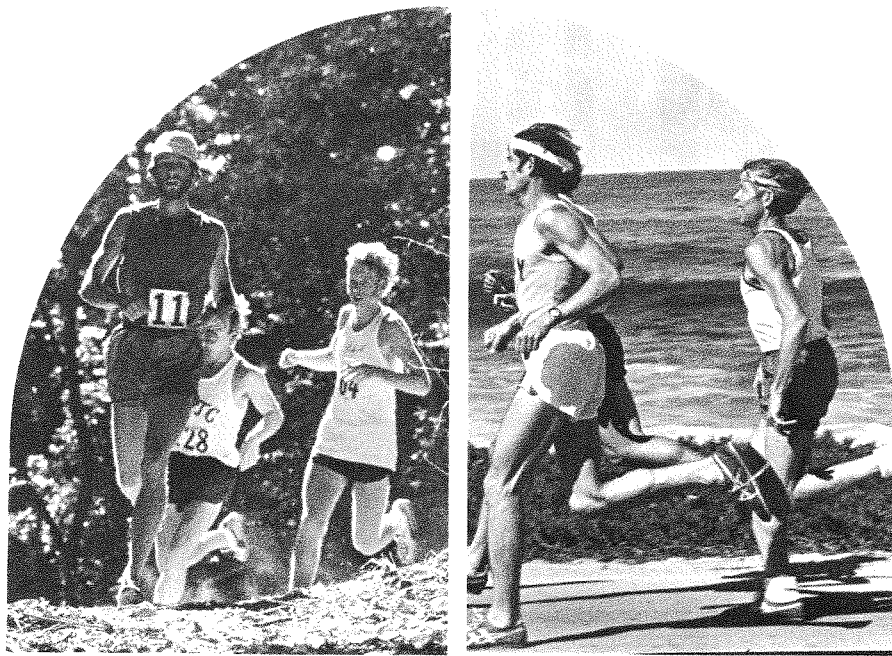
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    - What and how much should you drink during a race?
      - Should I train for endurance or for speed?

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Please send me \_\_\_\_\_ copies of **The Complete Runner**. Enclosed is \$10.95 per copy, plus 30c postage and handling. California residents add 6% sales tax.

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### COVER:

How do your shoes measure up? Starting on page 25, we analyze and rate 30 models of flats and 15 styles of spikes. (Painting by Marcus Hamilton).

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distance.**



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**PUMA from BECONTA**

# National Running Week

Help Runner's World celebrate its tenth birthday by coming to the beautiful San Francisco Bay area for a week of running, sightseeing, and vacationing. We're sponsoring the biggest event in running history, and we want you to come and be a part of it.

You'll have a chance to meet famous runners and learn more about running, both from them and from the hundreds of other runners who'll be here. And not only will you be able to hear what they have to say and watch them compete, you'll be able to go on training runs with them and race in the same events!

Space is limited, so you should make reservations early. We'll announce exact costs in the next issue, but you can reserve a place by sending us a \$10.00 per person deposit (completely refundable). This will not be a profit-making venture. All profits will be donated to the Special Olympics for handicapped children.

Also, we can arrange air transportation, hotel accommodations, and transportation around the Bay Area at reduced rates. We'll send you more information as it becomes available.

December 28, 1975  
to January 3, 1976

Dec. 28

**National Running Week Relay**  
The Runner's World staff will carry a torch from Stinson Beach to Mountain View over four famous race courses—the Dipsea, Golden Gate Marathon, Bay-to-Breakers, and Half Moon Bay Marathon as a "publicity stunt" for running. Come run with us (pace will be 7:30-8:30/mile) over your favorite section of the route.

Dec. 29-30

**Runner's World Open House**  
Many readers want to know where Runner's World comes from, so we're giving guided tours of our publishing offices to show you how the magazine is written, edited, typeset and pasted up. E.R.G. and cookies will be served, and you'll get to meet some of the people you've known only as by-lines so far.

Dec. 31

**16th Annual Midnight Run**  
This will be the big race of the week—five miles in rolling foothills alongside some of running's current and past "greats," giving you a unique opportunity to appreciate the beauty of our California countryside at night. What's more, its midnight start makes it the first sporting event of our nation's bicentennial year.

Jan. 1-2

**Running Seminars**  
Ten seminars on the vital topics in running today—diet, yoga and stretching exercises, LSD vs. intervals, running medicine, masters running, improving your marathon time, and more. Each will be 30-45 minutes in length with time in between for discussion.

Jan. 3

**The Academy Awards of Running**  
The "stars" of running will be there, and awards will be presented for outstanding achievement and contribution to running. But besides the awards, there will be entertainment. We'll have a special 4-minute mile presentation, films, and more.

Jan. 4

**Sunday Morning Fun Run**  
Come to our weekly fun run—no signup, no fee, just exact distances, accurate times, and the thrill of competition. We've been holding them every week for three years, rain or shine (mostly shine, in California). Distances this week will be half mile, mile, and six miles.

- Please send me more information as it becomes available.
- Please reserve a place for me—enclosed is \$10.00 deposit.
- Please send me the following National Running Week
- Bumper stickers—25 cents each\*    T-Shirt—\$3.00 each\*
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\*Indicate quantity desired in box. California residents add 6% tax.

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National Running Week, Box 366, Mtn. View, CA 94040



# Runner's World

Box 366, Mountain View, California 94040  
Office: 1400 Stierlin Phone (415) 965-8777

Volume Ten — October, 1975 — Number Ten

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## From the Publisher

We are really excited about this issue. With 96 pages, it becomes our biggest issue ever. It also attracted more advertising than we have ever had before. And the way things look we are going to be able to have bigger issues on a regular basis now. Advertisers are coming around, and with 40,000 copies now being printed, things are really looking bright for us these days.

But we don't want to ease up now. We still need to tell other people about the magazine. It is the support we are getting from our readers that is making all this possible. Without those over 30,000 individual paid subscribers we couldn't have produced an issue like this.

This special shoe issue is a good one. I think we have a lot of helpful information for anyone interested in shoes and we all are interested in this topic. The most important piece of equipment a runner has is his shoes. And it just doesn't pay to skimp in this area. Too many people have injuries because of that. Shoes are expensive but not nearly as expensive as taking care of injuries you are going to pick up if you don't have the right protection between you and the road.

And keep this rule of thumb handy: if you have tried everything else for a knee problem, backache, etc. do one last (or first) thing. Buy a new pair of shoes. Not a new resole job but a brand new pair of shoes. A new sole doesn't replace matted down cushioning. Many a time I felt a problem coming on and a new pair of shoes cured it right away. Enjoy the shoe supplement . . .

For the first time in our history many of our books are being placed in bookstores across the country. And we need your help. If our books move well in the bookstores it will allow us to do a lot more. So, if you have been thinking about buying a book from us, we want to encourage you to go to your local bookstore. If they don't have what you want ask for it. Currently most of the Dalton and Pickwick stores have many of our titles along with the Walden chain. Let me hear from you if you are finding our books in the local bookstore.

Bob Anderson

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72-143	2.30	2.75	2.75
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CUSTOM DESIGNS: Send sketch of artwork. Prices are for one color designs.\*\*

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15-35	2.75	3.20	3.20
36-71	2.55	3.00	3.00
72-143	2.35	2.80	2.80
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\*White with colored sleeve and collar trim. Add \$1.00 for printing or design on both back and front.

\*\*Add \$1.00 for two-color designs.

The words RACE DIRECTOR, STAFF, OFFICIAL, etc. may be added to one or more shirts. The additional cost is only 15 cents per letter. Your volunteer workers always show more enthusiasm wearing such special shirts during the event.

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Enclosed is \$\_\_\_\_\_ for \_\_\_\_\_ T-Shirts as described below. Louisiana residents include 5% tax. Note: in order to quote these exact prices we must send the shirts to you with transportation cost payable on delivery. Allow 4 to 6 weeks for custom designs and custom printing. We want these shirts to reach you before race day.

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## There Will Always be a Mile

Up until Aug. 12, we had been worried about the mile and its future as the king of races.

Other records have progressed in regular steps during the '70s, but the mile had stagnated. It had been seven years since Jim Ryun's 3:51.1.

The so-called "metric mile"—1500 meters—has never enjoyed the status of the slightly longer race. Yet when Filbert Bayi finally broke Ryun's metric mark last year, the 1500 moved well ahead of the mile in terms of record quality. (The 3:32.2 is figured as equal to a sub-3:50 mile.)

Of course, Bayi also picked up the mile record earlier this year. But the consensus among runners was that he didn't really break the Ryun mark: he merely scraped a little glitter from it. A tenth of a second in seven years is hardly a major overhaul.

Bayi the pace-setter promised to make the European summer fast and exciting. However, he didn't show up there, and without him the prospects for record-times seemed nil. The wait-and-kick, run-to-win, forget-times tradition still dominates non-Bayi miles.

The faster races would be at 1500 meters—as they should be. The mile is an obsolete way to measure distances, and the United States is one of the few countries still using this standard.

Now, mile times can't qualify for the Olympics. Not even a 3:40 mile will make it, but a 3:40 1500 will. The metric-times-only ruling probably will drag the US into line with the rest of the world next year, as most major meets will operate in meters. The change is welcome, though one effect is fewer miles.

But wait. It's too early to be writing an obituary for the noble mile. On Aug. 12, John Walker did what no one else in another event could have done. A New Zealander, running in a rather small meet in Sweden made front-page (front front page, not sports page) news throughout the US and the rest of the world for running a mile in 3:49.4. The mile is still king.



John Walker (right) first man under 3:50 (Mark Shearman photo)

In the minds of some track followers, Walker had been a shadow figure—a man who chased better men to records. He'd chased Filbert Bayi to the 1500 mark. And even now, Bayi says he sees Walker as "no threat at all . . . I beat Walker this year, and he has a poor finish. I am going to beat him on that when we next meet."

That is irrelevant. Even if Walker

never again beats Bayi, or if Bayi breaks the mile record next week, Walker—like Roger Bannister (first under 4:00) and Herb Elliott (first under 3:55) will be remembered as a "first" in an event where firsts are important.

Walker forecast almost exactly the pattern of his record attempt several months ago in an interview with Tom Sturak ("Walker on Bayi, and Walker," April '75 *RW*).

"You know," John said, "there's a lot of runners who've got the potential to run fast but who never do because they sit and kick. And this is where I've found that I've probably made a mistake, because I run to win instead of for time."

He added, "This is where I've got to start changing my attitudes. I'm going to try for three or four world records (this summer), and I'll make sure they're good races. I'm sure I'm going to get one of them."

In mid-summer, Walker came within a fraction of a second of Bayi's 1500 mark. That was shortly before the mile in Goteborg.

Sturak had asked John, "Is it possible to break the world record in the mile without Bayi in the race, without him to set it up?"

Walker said, "If I had a pace-maker who could take me through in 1:55 (for two laps), I'm sure I could keep kicking."

In the mile on Aug. 12, Swede Goran Savemark took Walker through the half-mile in 1:55.5.

"But," Walker continued, "you need somebody to race, this is the thing. It's very easy to say, yeah, sure you could break the record. But getting out there and doing it you need, psychologically, someone to fight over the last quarter, because you can't get the same out of your system alone."

His pacer vanished, though, and Walker was alone for most of the last half-mile. He fought, finishing faster than he'd started. He must have been racing the ghosts of Bayi, Ryun, Bannister and the others who've made the mile the race of races. ●

### BANNISTER TO WALKER

3:59.4	Roger Bannister	1954
3:58.0	John Landy (Aus)	1954
3:57.2	Derek Ibbotson (GB)	1957
3:54.5	Herb Elliott (Aus)	1958
3:54.4	Peter Snell (NZ)	1962
3:54.1	Peter Snell (NZ)	1964
3:53.6	Michel Jazy (FR)	1965
3:51.3	Jim Ryun (US)	1966
3:51.1	Jim Ryun (US)	1967
3:51.0	Filbert Bayi (Tanz)	1975
3:49.4	John Walker (NZ)	1975



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RUNNER'S WORLD

P.O. Box 366

Mountain View, CA 94040

## Running As Art

Is running an art and the runner an artist? The best answer is that of Picasso. When asked, "What is art?" he replied, "What is not?"

So running is an art along with everything else we do. When I run, I know this to be true. Running is my art, and I am an artist however ordinary my performance. Running is for me what the dance is to others—the oldest and highest of the arts. My ancestors ran before they danced. And it is running, not dance, that gives to me a perfect conformity of form and matter.

Running also fulfills Herbert Read's definition. Art, he stated, is an escape from chaos, movement ordained in numbers, matter seeking the rhythm of life. You could almost believe Read was watching runners while he wrote.

What better to escape chaos and find order? Where more is movement numbered, in steps, in breaths, in minutes, in miles? Where more sharply is space and mass defined, the runner lean, the road unending? Where else, for me at least, to seek the rhythms of life, to listen to the body, to hear it speak to the soul?

And because body becomes soul, soul becomes body, running is a total experience. It is art and more than art. In itself, it provides the thinking and the abstraction that precedes other arts.

"I need hours to read and think about what I've read, to synthesize and to be alone," one painter said. "The time spent at the canvas is minor compared with that."

The runner, on the other hand, is always at his canvas. He is always observing, feeling, analyzing, meditating—always in the process of raiding the pre-conscious that stubbornly refuses to illuminate the present with what we experienced in the past. The runner explores his instincts and emotions and even dips into what can only be called mystical states.

Where the runner fails is as an artist. He may be able to express these feelings, these insights, but no one sees them. He fails in the prime function of the artist—to transmit the understanding of the emotions he has experienced.

The spectator sees little of this inner life. Even the poet tuned to see life at various levels sees the runner in almost one plane. "Alone he emerges/Emerges

and passes/alone, sufficient." Loneliness, motion, sufficiency is the runner. The world knows no more about him.

In time, this will change. Running is an old art but only newly resurrected. We are still learning how to develop a total response. In traffic, I may be as expressionless as Buster Keaton. But on lonely roads and in empty woods, the inner man is becoming visible. There I respond to grass and dirt and fallen leaves. My running is part of sun and shadow, wind at my face, wind at my back. If you saw me, you would see elation, mastery, struggle, defeat and despair.

Does it matter whether we can be understood by someone who is not a runner, so long as we're coming closer to understanding ourselves?

from George Sheehan

## Limits of Psych

Are you what you think you are? It was Ken Norton's claim (July '75 *RW*), as I understood it, that a runner's racing success depends on his or her mental preparation, on the elimination of negative thoughts and concentration on positive self-concept. It certainly sounds good.

Reality, however, seems to have been overlooked. Just as it is not nice to fool mother nature, it is not very wise to ignore reality. Injuries and disappointments are a frequent result of that mistake.

Only in passing does Norton admit that no matter how much positive thinking the runner does, physical training is still necessary. In other words, you still gotta do the running. Overlook the need to train the body to do what the brain is being prepared to make the body do is a monumental error. It is a reversal of priorities.

Norton quotes Steve Prefontaine as saying the mental aspects of racing involve 80% of the preparation. With some reservations, I'll accept that figure. But that mental preparation is the last 80% of preparation, not the first. And that first 20%, the physical preparation, is a prerequisite to success. The day when an athlete can go out and win a race just by wanting it bad enough is past. These are the days of training.

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It should be obvious that mental preparation for a race is a waste of effort if the physical training has not been adequate for the race distance. The false confidence this positive thinking gives the athlete is not beneficial, and it can be harmful. Just try running a marathon with adequate mental preparation but inadequate physical preparation.

My experience is that a good mental attitude is a *result* of proper physical conditioning and a relaxed attitude toward a race. The way to have a properly positive attitude in a race is to go into the race well aware that one's background has included a sufficient (or even more than sufficient) quantity and quality of training. At that point, and only then, can mental preparation and positive self-concept become the deciding factor.

from Fred Lawrence

## Share the Race

The final hours before competition in a team or combative sport are spent withdrawn, the athlete isolating himself to better arouse feeling of animosity which will enable him to concentrate his mental and physical strength on the imminent event.

In stark contrast, the hours before a long distance championship are usually spent with the prospective contenders enjoying spontaneous and open conversations and fostering friendships. The atmosphere at the National AAU 25-kilometer road race in Minnesota this summer serves as a good example.

The 80 athletes congregated the night before the race at the home of the meet director, Jim Randall, for a spaghetti dinner with all the spicy trimmings. For six full hours, the runners stoked away food and drink.

Possessed of a delicate stomach, I felt my ulcer acting up at just the sight of such sybaritic indulgence, and I contented myself with my usual "proper" pre-meet meal of baked potatoes and hardtack.

Nevertheless, we all enjoyed a prolonged evening of broad-ranging discussions (focussing on sport but extending inevitably into politics and beyond), as well as all the good-natured kidding that gives such an athletic event value beyond the sheer competition itself.

For me, the kidding was only beginning, as in the race the following morning it was I who trice wound up in the ditch with "stomach problems" and

(continued on page 10)



# Gronus 1

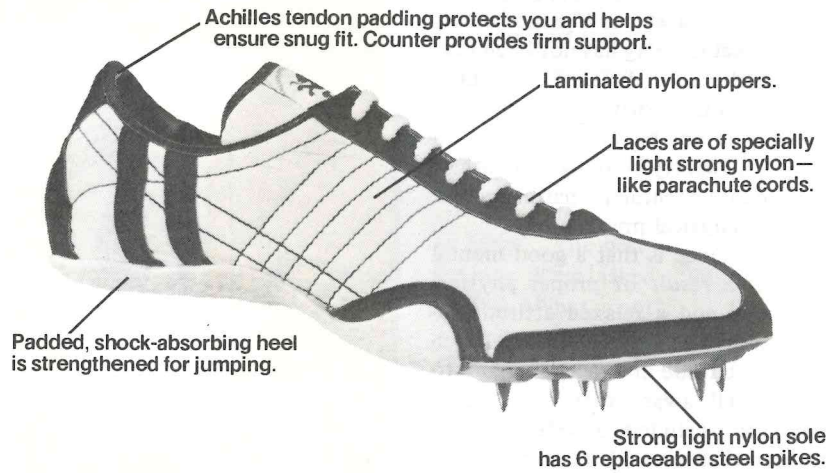
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struggled home far below my sixth-seeded position. Meanwhile, my less well-adjusted friends, laden with all that "bad" food, cruised on to fine performances. So much for the textbook rules on diet.

And so much for the textbook rules on competition. After trying to run each other into the ground for 15½ miles, the finish revived all the camaraderie and good-will. The congratulations and vows exchanged will serve to spice our efforts against each other in future national championships.

Most of us were raised in sport with the belief that one should not associate with one's opponents. From Percy Cerutty of Australia to the Baltimore Orioles' Earl Weaver, we have been told that "bad blood" between rivals is necessary to assure the fullest competitive effort. We have been assured that to properly psych up we must separate ourselves from our rivals.

May I strongly suggest that such a degenerative attitude is not required for optimal performance? The experience of sports is a shared one that cannot and should not be prostituted to false notions. As at all levels of society, we should seek to share our experiences and seek to better appreciate others.

We should not subject this precious element of our sport to the unsupported tradition that psyching up requires separateness. Our opponent is important to us not only as a gauge by which judge our performance athletically, but as a barometer of our interest in human welfare.

from J.F. M. Samore

## Life Is a Marathon

Life is movement, death is lack of movement. Maybe that's why I love running. Running is movement, therefore it is life.

I'll bet a lot of other runners have thought that, even if they don't have a terminal disease as I have. I'll bet a lot of runners have thought, too, as I have, of how little significance all their effort has in the long run.

I think it's an indication of the indomitable spirit of man that we keep running. Running sets us apart from the non-participants. To really live is to participate and give full effort, knowing that 50 years from now it really won't

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matter one bit whether we ran a foot or 10,000 miles.

I feel closer to some runners than others—the over-40 group, the crippled, the blind, the guy who “runs” in his wheelchair. They’ve probably considered death more extensively and made a decision as to how to face it. I believe their presence at the start of a race tells what their decision was.

I’ll bet some of them, like I, have compared a marathon run to a person’s life span: the newness and hope and nervousness at the start, the strength and confidence and calmness of the middle, the struggle and soul-searching and questioning near the end. Then, crossing the finish line, the satisfaction of having given it your best and knowing there will be better things ahead.

Name withheld

### Eyes on The Prize

There’s hardly a runner around who won’t admit that he got a big kick out of the first trophy he won—be it for first place, fifth place, first over 40, oldest, youngest, came-the-farthest. And maybe the second or third such token of distinction still brought a thrill.

But sometime soon, after the first few have been proudly lugged home, it’s likely the runner has taken a critical look at those stereotyped assemblies of pieces of wood, cheap castings, thinly plated sheet metal and bits of plastic or stone, and wondered why he gives these junky *objets d’art* house room.

Race promoters allocate a goodly portion of their budgets to prizes. I think they should start thinking about getting something really worthwhile for their money.

Here and there lately, there have been signs that such thinking has begun. For instance, at the American National Marathon in Galveston in 1972, and prizes were elegant silver-plated Revere bowls in various sizes. Anyone capturing one of these prizes made a big impression on his wife or girl friend, and had something for his home that would be useful and decorative.

At the Mission Bay Marathon in San Diego, Ken Bernard and Bill Gookin have in recent years been passing out simple rectangular blocks of marble with a brass plate attached bearing the record of the runner’s accomplishment. Good paperweights, or they look nice on a small shelf or table yet don’t get in the way.

(continued on page 12)

# 2

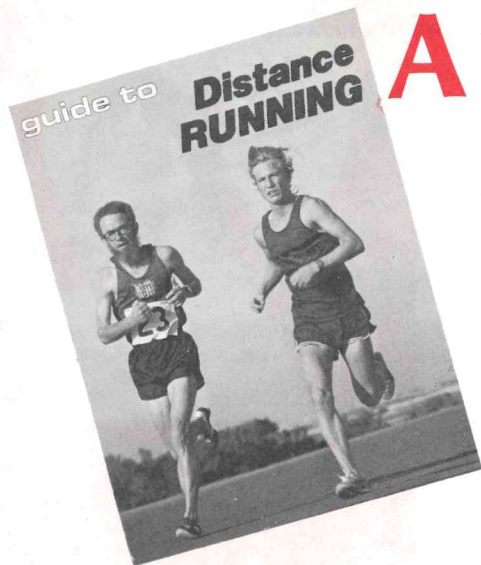
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At the Marathon Marathon in Terre Haute, Ind., some of the awards have been miniature certificates recording the runner's performance and buried in a good sized block of lucite.

These are all moves in the right direction, but I urge every promoter to devote some thought to further innovations that can save money and yet draw more and better runners to his race.

from Don Logan

### Montreal 1976

The big question concerning next year's Olympic Games in Montreal has been, "Will Montreal and Canada be ready?" If the recently conducted Pre-Olympic meet was any indication, track and field fans can relax. Athletes were present from 41 nations, but when the meet was concluded the organizers were the big winners.

The meet was held in an old playground called Kent Park. Only two weeks before the start of competition, meet officials were worried that the facility would not be ready in time. A call was placed to Montreal Mayor Jean Drapeau, and within hours 500 workers were on the scene laying the new track, building stands, etc.

Living in Vermont, only 90 miles from Montreal, I went to watch this international showcase. I was hoping for competitive and quality races. I was not disappointed.

As the athletes left for home, the Canadian officials were still at work polishing themselves. It seemed to me they passed the first test. Next year the officiating, etc., should be flawless if hard work is the key to success.

from Larry Kimball

### WRITERS, PHOTOGRAPHERS

Most of each issue is provided by free-lance contributors.

We encourage free-lance submissions and pay for them. In general, the rates for articles are \$10-40 per page (in the magazine) for feature articles, \$10 for "News and Views," \$20 for "City Series," \$50 for interviews.

Payment for photos and artwork varies greatly, but in general the figures are about \$50 for a color cover, \$5-25 for black and white on the inside.

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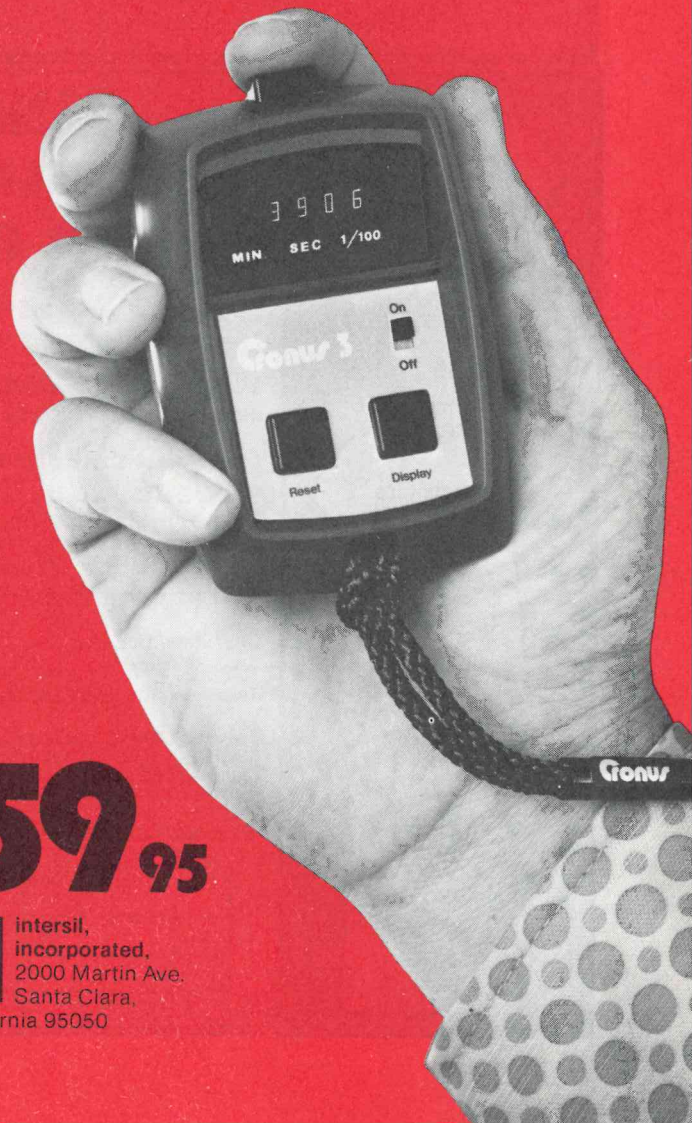
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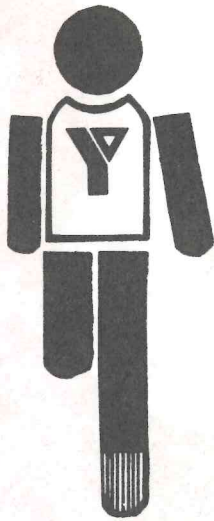
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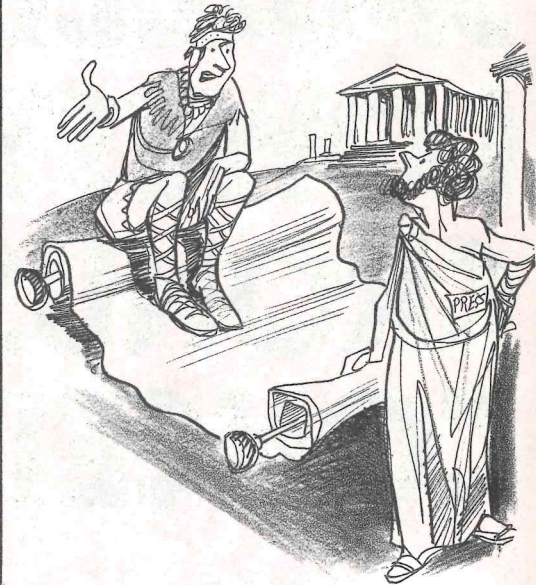
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# THE GREEK WHO STARTED ALL OF THIS



Drawing by Bil Canfield

by Ron Somers

**A**rcheologists digging near Marathon, Greece, recently uncovered an old manuscript. Careful examination revealed it to be a 490 B.C. issue of *Olympic Review*, an ancient Greek sports publication. The lead story was an interview with Pheidippedes, the first marathoner, just after he completed his historic run from Marathon to Athens. Thanks to the Greek National Historical Society, we are able to republish it here.

**OR:** Great run.

**Pheidippedes:** Thanks.

**OR:** How do you feel? You don't look too well.

**Pheidippedes:** I feel like I have one foot in the grave.

**OR:** Is this the longest you've ever run?

**Pheidippedes:** No, as a matter of fact I recently completed a 150-mile run to Sparta to get additional troops for the Battle of Marathon. Of course that one wasn't non-stop like this run was, but I still hadn't recovered from the 150 miles when I had to set out for Athens.

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OR: Perhaps if you lay off for a few days, then come back slowly, like two or three miles a day on grass . . .

Pheidippedes: Yeah, that's exactly what I had planned. Now that this war is over, I hope to take it easy for awhile. Miltiades has been running me ragged—delivering messages, running for reinforcements. I guess it's finally caught up with me.

OR: How did you get into distance running? Didn't you like the more traditional Greek sports like sprinting, discus throwing and wrestling?

Pheidippedes: Oh sure, as a kid I loved those sports. But I wasn't big enough or strong enough to do well in them. Then when I was drafted into the Greek army, they discovered in boot camp that I had exceptional endurance. They made me a messenger, and I've been running distances ever since.

OR: Tell us, Pheidippedes . . .

Pheidippedes: Please call me Pheid, most of my friends do.

OR: Okay Pheid, what did you think about while you were running from Marathon to Athens?

Pheidippedes: Well, I thought about getting here to tell my people the good news. I tried to decide what I was going to say. I wanted it to be eloquent, yet brief and to the point. First I thought I'd say, "We beat the bloody bastards." Too crude, I told myself. Then I came up with, "Today Athenian and Platean forces defeated the army of King Darius of Persia on the plain of Marathon." That was too formal. Finally I decided on, "Rejoice, we conquer." Short, to the point and the kind of statement that would be remembered for generations to come.

OR: Do you think this run of yours could start a trend toward endurance races?

Pheidippedes: I really doubt it. It was quite unpleasant, actually. The first 10 miles or so were a snap. I didn't think I'd have any trouble getting to Athens. But by about 20 miles I felt like I'd run into a brick wall. I had had it. No, I can't ever see this becoming a popular race.

OR: Now that the war is over, will you continue running as a civilian?

Pheidippedes: Definitely. I enjoy it, and it keeps me healthy and fit.

OR: Do you think . . . Pheidippedes! What's wrong? Holy Zeus, you're turning blue, Pheidippedes! Are you all right? Pheidippedes? ●

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# ROCKY MOUNTAIN HIGH

by Joe Henderson

*"He climbed cathedral mountains.  
He saw silver clouds below.  
He saw everything  
as far as he could see.  
And they say that he got crazy once  
And tried to touch the sun..."*  
—John Denver

The plane from San Francisco by way of Albuquerque flew in over Pike's Peak. From above, riding in a pressurized, air-conditioned jet cabin, reclining in a cushioned seat and listening to stereo music through earphones, it was only another bump on a landscape which had been bumpy since the west coast.

The mountains suddenly ended at Colorado Springs, though, and the smooth plains rolled out like a golf course for hundreds of miles to the east. We landed where the mountains and the prairie collide.

Don McMahonill, who directs a nearby camp for runners, Camp Crockett, walked us out of the airport and said off-handedly, "Oh, look over there. Runners will be going up that on Sunday."

It was like a Californian pointing to the Pacific and saying, "Incidentally, that's the ocean. Kayakers will be paddling across it to Hawaii this weekend."

We couldn't any more have ignored the 14,000-foot peak than overlooked the ocean. The black hulk, bare on top and standing above lesser mountains, almost blotted out the sky to the west. It was early yet, but the sun had already set behind the peak. A cap of thunderclouds covered the summit and caught the last sunlight to form an eerie halo.

A runner facing Pike's and only slightly smaller peaks for the first time must feel a little of what the pioneers felt in the 1800s when they came up against it after months on the flatlands. Awe, dread and a strange wish to go to the top for a look down.

"Are you going to do it?" McMahonill said as we drove away from the peak.

"I'm not sure," I said. I had three days to put off a decision, though it was inevitable what it would be.

Camp Crockett is 8500 feet high. The Pueblo YMCA operates the camp 40 miles southwest of town, and long-time runner Don McMahonill works for the Y. Since the late 1960s, he has organized this retreat for runners on a formally informal basis. Twice-a-day training and lectures are planned but optional.

The housing is rough-cut log cabins with army cots inside.

Joan Ulyot, a doctor from San Francisco, had warned, "You won't sleep well on your first night at altitude. And when you go to sleep, you'll have wild dreams."

Our little daughter didn't hear Joan and slept for 10 hours without rolling over. My wife and I listened to the creak of our bunks and to the creek behind the cabin. We slept fitfully, and I dreamed of wild things like climbing 14,000-foot peaks.

If you write anything about Camp Crockett," Don McMahonill said, "please don't give the impression that it's a Pike's Peak training center." I don't want to give that impression. All sorts

of people come to Crockett, to train for all sorts of reasons.

Tony Brien, a 2:17 marathoner, was there this summer, laying in a heavy distance background for cross-country and a shot at the Irish Olympic team. Tom Hoffman was out from Wisconsin to get ready for the Pan-American Games Marathon trial.

The camp had junior high and high school runners, college men, women, masters, fitness runners. But to separate it from Pike's Peak would be impossible. The camp is always scheduled around the race. Some people come to the camp specifically to train for the climb. Others end up on the mountain in spite of themselves. One way or another, half of the first week's campers would climb the peak.

Chuck Smead was a special case. He seemed torn between what he felt he must do and what he wanted to do. He was driving himself this summer to realize the marathon potential which had been apparent since high school. Back in 1969, at age 17, he had run a 2:23 marathon, and people were telling him what a great future he had.

Then an achilles tendon injury and surgery almost ended Smead's running. He did come back, but not to the marathon. He won two NCAA college division track championships, a couple of odd-distance road titles and became a connoisseur of mountain running. The mountains became his favorite place to run and race.

Not until last year did Chuck get serious about the marathon again, breaking his long-standing PR by two minutes. After graduating from Humboldt State



*Nearly 400 runners started this year's run at Manitou Springs, Colo. They reached the top of Pike's Peak 13 miles and 7500 feet of climbing later. (Andy Cox)*

in California and getting married, he settled down in the Colorado Rockies.

This year's Pan-American Games were scheduled for 7500-foot Mexico City, so the Trials were set at a similar elevation—about the same as Chuck and Carol Smead's home in Durango, Colo.

After Chuck won a high-altitude regional race in 2:23 early this summer, he figured any lowlander would have a hard time pushing him off the team. Smead never said this to me in so many words. But his confidence burst out in oblique references to Mexico City.

Smead has won just about every mountain climb he tried, including the biggest one of all—Pike's Peak. He held the ascent record there. But he was concerned with flatter ground this summer. He still trained on the mountain trails. He could never give that up. But he raced on the roads.

A 15-kilometer race at Littleton, Colo., was on the same weekend as The Peak, the 15-kilo coming first. Chuck said he's run the mountain "only if my legs aren't too sore."

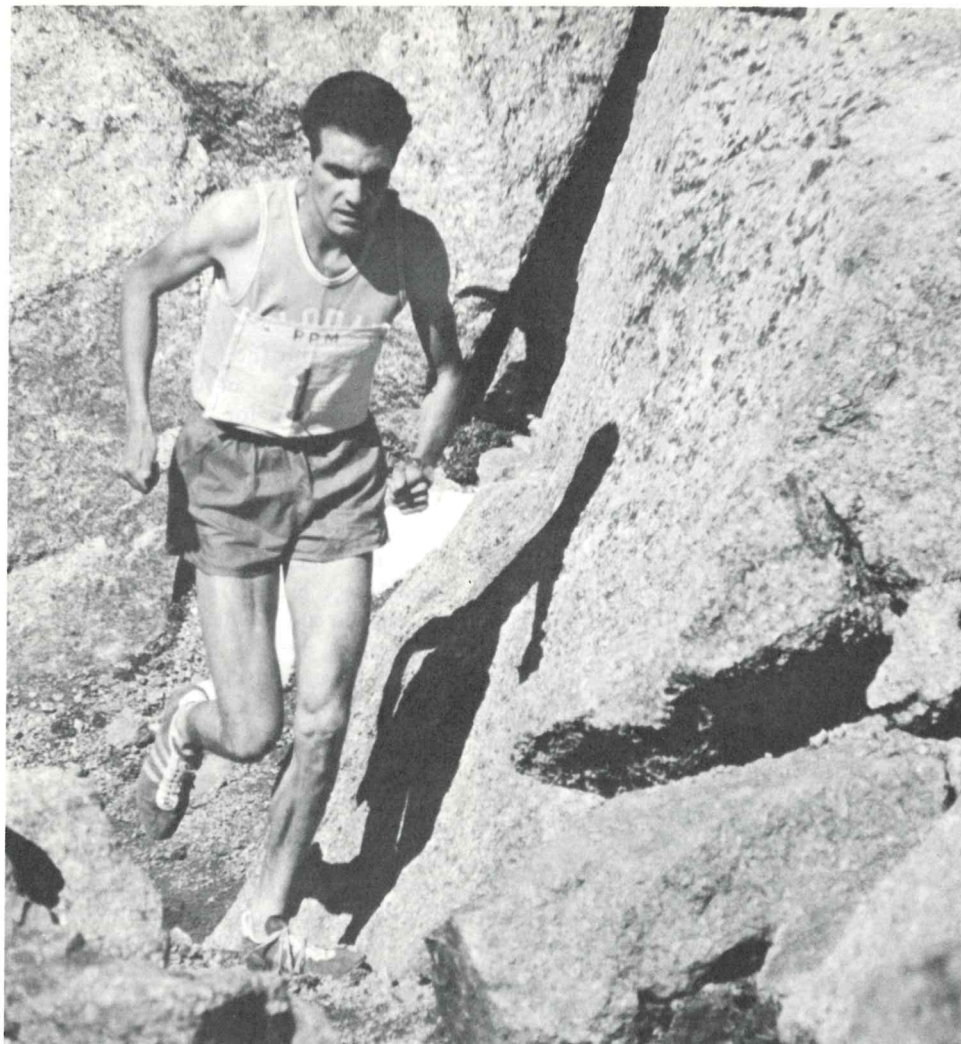
He couldn't afford to miss any training now, with the Pan-Am trials less than three weeks away. He had a 25-mile run scheduled for Tuesday. He didn't know it yet, but Chuck had bad news coming that same day. His wife Carol would tell me, "Did you hear about our phone call?"

It was about the teaching job he'd lined up in their home area of California for the fall. They were expecting a final okay on it in early August.

"The school board said Chuck could have the job—but only if he didn't make the Pan-Am team. They said it's impossible to give him any time off after school has started. Now I don't know what we're going to do if he makes it. He's been training too long to pass up this chance."

Later that day, Carol told me, "Chuck may be going back to graduate school."

**T**he Smeads pulled out of camp just as Rick Trujillo was coming in. Rick wasn't interested in the race at Littleton—or any other road race. "Run-



*Rick Trujillo: "The secret for me is that I try to maintain my equilibrium at all times . . . I don't try to keep an even pace." (Andy Cox photo)*

ning on the flat makes my legs sore," he said.

Trujillo was a confirmed mountain man before he'd heard of mountain races. He ran on the rugged slopes near his home in Ouray, Colo., from the start, went away to the University of Colorado and barely endured four years of track work, then came home to Ouray to work as a geologist and run again on his beloved trails.

Not until two years ago did Rick find out that Pike's Peak was a race he could enter. He said, "I always thought it was just an event for lunatics until I read about it in *Runner's World*."

He ran and won the race in 1973, and again in 1974. It's one of the few things he runs, and you might think his whole year centered on it—that he was super-serious about training for this one race.

Not so. Trujillo seems to have a remarkably relaxed outlook on running for one so fast. He seems more frightened by groups of people larger than

two than by 14,000-foot peaks. When I asked Rick to answer a few questions at the Friday evening lecture-discussion, he reacted like a mountain sheep whose instinct was to dash away up a rock face. He alternately looked at his shoes and glanced warily around the room. But he talked of a refreshingly simple and innocent approach to the sport.

Dr. Dan Ullyot, Joan's husband, said later, "He breaks all the so-called 'rules' and gets by with it."

Trujillo, for instance, had never run a flat marathon and was reluctant to do so. He was a miler in college (he ran 4:06 at mile-high altitude and still doesn't consider himself a long distance runner. And he doesn't train like one.

"I ran twice a day for awhile in college," he said, "but all it did was tire me out. I never do that any more."

In fact, Rick doesn't even run every day or year-round, and he doesn't count miles. He was taking three full days off before Pike's Peak, and said five days of running was a good week for him.

Ouray gets 600 inches of snowfall a year: Winter starts there in September and lasts until May, and many of the surrounding mountain passes remained blocked all summer.

Rick said, "I gave up trying to train all winter. I run when the roads are clear—maybe two days a week—and cross-country ski the rest of the time."

I asked him how many miles a week he'd been training this summer.

He answered, "I do 99% of my running on mountain trails. Out there, you don't think of it in terms of miles but in thousands of feet of climbing."

Trujillo admitted he is a nervous sort of runner. "Before a cross-country race," he said, "I still get as scared as a high school kid. But for some reason, Pike's Peak never worries me. This isn't a race to me. It's just a run up and down a mountain."

"You mean that much of a climb doesn't worry you?" someone asked.

Rick said, "Not really. Pike's Peak isn't the hardest mountain I've climbed in terms of gradient. I've been up many steeper ones. One gained 3000 feet in three miles (compared to 7500 feet in 13 miles at Pike's Peak). What makes Pike's Peak so tough is the distance. I never go this far any other time."

He said this event is more a "survival test" than a race, and he runs it with that fact in mind.

"The secret for me is that I try to maintain my equilibrium at all times. I try to keep my breathing normal. If I get tired, I slow down. Near the top, I may walk for 20 or 30 steps until I feel like running again. And I stop and drink every chance I get. Going up and coming back down, I don't try to keep an even pace. Some runners do, but this doesn't work for me. On the mountain, every step is different than every other."

**R**ick Trujillo can get by with break-light but highly specialized training, stopping often, running at an erratic pace—because the usual rules are suspended in a race like Pike's Peak. He has written his own, and they work here.

I've been schooled in the traditional ways of running, meaning I was totally unprepared for this kind of climb. But in a way this was good. I had no illusions about "racing" to the top, or even running there.

The goal was the same as Trujillo's: "survival." And the way to it was the same, too: "Maintain my equilibrium." Except that we were doing our balancing on far different levels.

I quickly found that walking up the

mountain took as much effort as an LSD run at sea level. LSD pace was as hard as a race. Anything resembling race pace was out of the question. So I used a lot of walking to keep my equilibrium.

I wasn't alone. Most of the nearly 400 people in the race were doing more hiking than running. In fact, Jerry Brown, an international-class walker who lives in Colorado, hiked up in less than three hours—beating three-fourths of the runners. I found that out later. He led me all the way and I never saw him.

The course really climbs two mountains, not one. At the base, 9000-foot Mt. Manitou blocks the view of Pike's Peak. The race starts with 3-4 steep miles over the shoulder of Manitou. Then the trail crosses a meadow with a relatively gentle slope for several miles. Most of the running is done here.

Pike's Peak is only half climbed at 10 miles. The last push to the top takes almost as long as the distance leading up to it. The trail now alternates between loose gravel and boulders. The switchbacks above look like lines gouged from a sheer face. Thirty-minute miles aren't uncommon at this level.

Occasionally, I looked up or back. But mostly I watched my feet and the ground right in front of them. The path was increasingly rough and steep, and the altitude was doing funny things to my balance.

A few pebbles rolled in front of me. I looked up and was startled to see a man coming straight down the mountainside.

It was Rick Trujillo. He wasn't bothering with the switchbacks but was cutting off the bends in the trail.

Rick bounded from rock to rock with an instinctive grace. "I use one leg as a brake," he'd said. "I just sort of bound along. When that leg gets tired, I switch to the other one."

I learned later that Trujillo had gone up to The Peak in 2:01, breaking the record by six minutes and beating the Cog Railway train which had left Manitou Springs at the same time. The rail-route is only nine miles.

Rick did fall and lose some skin on the way back down. "I expect it," he'd said, "so I just relax and go down. I've learned how to fall without doing too much damage." He completed the round-trip in 3:31, breaking his own record by five minutes. No one else was within several miles of him.

I wasn't more than a quarter-mile from the top in distance, but 5-10 minutes away in time, when Joan Ullyot came running down the trail. Joan was the third woman up (Donna Messenger had set an ascent record), but the first to come back down. She looked gray-faced and deeply concentrated as she headed for a women's round-trip mark.

I think it was Joan who'd told me earlier in the week, "When you get to the top, turn right around and head back down. Don't stop. If you do, you may be wandering around in a daze up there and never want to leave."

As I climbed the "16 Golden Stairs"—a last series of tight, leg-wrenching switchbacks, a voice rolled down from

above like that of Moses from the mountaintop.

"Joe, what are you doing here so soon?" it echoed.

I looked up and could see no one.

"Just a few hundred yards more." Now I recognized the distorted voice as Don McMahill's. He had told me he'd see me around noon (4½ hours). My watch said not quite quarter to 11.

A few steps from the top, I heard other voices. These were closer, and they had faces with them. They were Chuck and Carol Smead's.

Chuck had been there for more than an hour. Saturday, he'd finished third in the 15-kilometer at Littleton, about a minute behind Rick Rojas but only seconds after Frank Shorter.

I'd seen Chuck Saturday night in Manitou Springs and asked, "Are you going to do it?" motioning to the mountain.

"Yeah, I think so," he said. "I feel pretty good."

Smead gave Trujillo a good chase, finishing five minutes after Rick but breaking his own former ascent record by a minute. Chuck stopped at the top, saving himself from the dangerous, jarring trip back down the trail, and for the Pan-American Trials where he would finish second.

I hadn't run in a long while, but I wanted to token-run the last few steps. Just when I was ready to run, someone yelled, "That's it."

"What?" I gasped.

"That's all. You're finished."

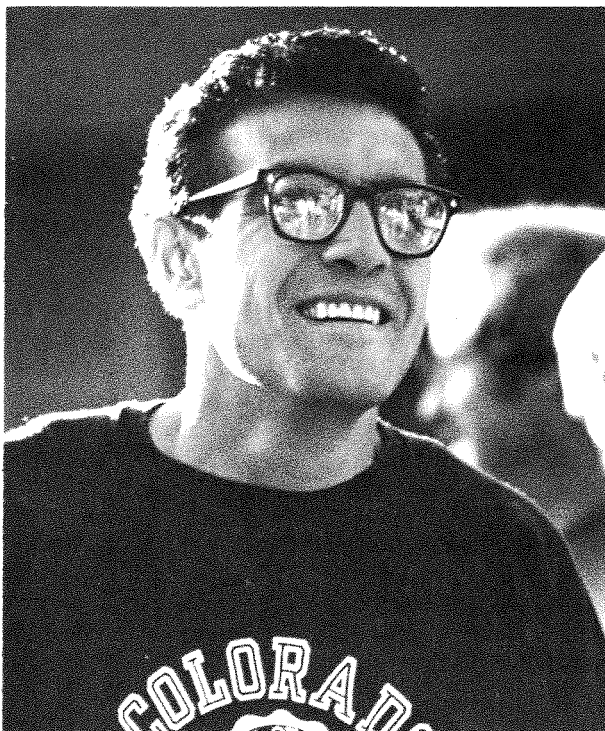
The finish line was several feet below the top, so the people who turned around to go back down never actually reached the peak. I walked to the highest point, and only then stood and looked out and down. The scene was too vast and the climb too long for my dizzy head to comprehend just then. I sat down on a rock and stared out dumbly toward Kansas.

I felt little sense of triumph. I didn't have any urge to shout, "There, I beat you!" The mountain can't be bothered with such petty challenges. It had offered temporary visiting privileges, which I was grateful to accept.

Now we understood each other a little better. I knew the size of the mountain, and it still knew it would be here long after all the runners were gone.

The view was spectacular from the peak. But I knew what a long, hard climb it had been to reach it. And I knew that I couldn't stay there very long because the air was too rare.

All the hard-to-reach peaks are that way. ●



*Pike's Peak winner Trujillo set a record both on the ascent and round-trip. Although he has won this race the last three years, he has never finished a standard marathon because he says "running on the flat makes my legs sore." (Andy Cox)*



# WHAT'S HAPPENING TO WOMEN ?

by Janet Heinonen

I've often wondered if my own feelings about running are universal among other married women runners. While I hardly fit the picture of the budding teenage runner—the "Olympic hopeful" type—I do have my own goals and I do take running seriously. More importantly, running is literally a way of life.

Realizing that the ranks of women runners like myself are booming (and producing a large share of the world class long distance competitors, I developed an informal, non-scientific questionnaire to be sent to other married women runners in the United States. I hoped to find out just who these late-blooming runners are and how they manage to fit running into a life that is already full of traditional roles: wife, mother, worker, homemaker.

While the survey results should not be regarded as establishing any "truths" about women runners, there may be

some useful information for researchers who are just starting to fill the void of information that exists on women athletes. Right now, for instance, no one really knows just how menstruation, birth control and pregnancy relate to women athletes. The psychological effects of athletics are also mostly speculation.

The women responding to my survey may give a small insight into the social, psychological and physical aspects of running that they have experienced. And if the responses I received are any indication, a lot more women are going to discover running as something that can revitalize their lives.

A 43-year-old woman who has run 3:47 for the marathon summed up her feelings about running, writing that she "would not give it up. I need that activity to refresh body and mind!"

Questionnaires were sent to approxi-

mately 75 women. Fifty-seven were returned. Seven replies were not used since the respondents did not meet the following criteria: currently married, competes in races three miles and longer.

## BACKGROUND

**Geography**—Responses came from 14 states, the highest number from California (42%), Massachusetts (16%) and Oregon (14%). Other states represented were Washington (6%), Indiana (4%), and Alaska, South Carolina, Minnesota, Nevada, Texas, Hawaii, Ohio, Pennsylvania and New Jersey, one response (2%) each.

**Age**—The average age of these women runners was 33.3 years (most questionnaires were completed in mid-1974. The youngest woman was 23, the oldest 56.

**Height**—The average height was 5'5¼". The shortest woman was 5'0", the tallest 5'11".

**Weight**—The average weight was 125 pounds. Weight ranged from 90 to 155 pounds.

**Education**—Six percent of the women had completed high school only; 24% had done some college work, and 34% were college graduates. Sixteen percent had master's degrees, and 9% had doctorates.

**Occupation**—Nearly three out of four women had jobs outside of their homes. Twenty-eight percent listed their occupation as "housewife." Fourteen percent were students, 12% teachers, 9% writers, 4% clerks and 4% nurses. Other individual occupations were chemist, lab technician, secretary, medical assistant, design consultant, lecturer, radiochemist, counselor, physician and health planner. Others listed work with Navy education services, a recreation department and computers.

**Income**—The average income was \$19,930 a year while real incomes ranged from \$2300 to \$50,000.

**Children**—The average number of children was 1.8 and the largest family had seven children. Forty percent of the women had no children.

## RUNNING

The average woman had been running for 4.9 years. All had been running at least a year. One woman had been active for 14 years. Two-thirds had been running five years or less.

Only 8% had started running as a competitive sport. Almost half started running for fitness reasons. Only 6% of the women had been active in high school track.

Husbands played an important role in getting their wives involved with running. A quarter of the women reported that they started running with their husbands' encouragement. Ninety-six percent of the husbands are also runners.

Seven women (14%) said that they started running to help lose weight and four women (8%) said that they ran to get in shape for other sports.

In spite of their modest intentions at the start of their running, all of the women became competitive enough to enter races.

Twenty-eight of the women (56%) had completed a marathon, 25 of them in less than four hours. Another five women said that they planned to run a marathon. Five of the women had bettered three hours, the fastest being a former world record time. At shorter distances, mile times ranged from 4:53 to 7:27. Four women had run faster than five minutes.

As running moved into a more competitive framework, many women listed concrete goals, such as running Boston, Pike's Peak, the Olympics, the AAU marathon. Two women said they had hopes of setting masters records.

Others set times goals—to run under four hours in the marathon (three women), 3:30 or better (six), or under three hours (four). Other goals ranged from "winning a race" to "running 70 miles a week."



*Judy Ikenberry (above) and Miki Gorman (page 20) combine motherhood and world class marathoning. (Photos by Horst Muller and Jeff Johnson).*

Twenty percent listed "to keep running" as a goal, and 18% said that their goal was to improve their times.

## MENSTRUATION

Clearly, women do have bothersome symptoms related to their menstrual cycle. Whether or not these symptoms (cramps, irritability, water retention, depression, heavy and tender breasts, etc.) really have an effect on a woman's athletic performance is still conjecture. The problem in many cases may be psychological, although weight gain (as much as five pounds) from water retention should certainly be a factor for the distance runner.

These symptoms, known collectively as the pre-menstrual syndrome, are

probably brought on by the monthly shortage of progesterone that signals the menstrual flow to begin. According to *WomenSports* (Jan. '75), the same shortage results in a drop of blood sugar, an imbalance of sodium and potassium in and around the cells, and excessive water retention.

Another unknown factor is the effect of hard training on the menstrual cycle. Will stress from overtraining disrupt a menstrual cycle?

Eighteen percent of the women surveyed said that they had irregular periods. One 32-year-old woman wrote that her period was always regular until about six months before her third pregnancy: "This was the time during which I was running more than I ever had before—I have wondered about the connection between the two. I had a Class II Pap smear during this time, which my doctor said was the result of an infection or a hormone imbalance. I wonder if strenuous efforts such as those during a race could effect the hormone balance."

The runners with regular periods had cycles from 21-40 days, the 28-day cycle being the most common with 3-5 days of bleeding (this included eight women using oral contraceptives).

Only 16% of the women wrote that their menstrual cycle had no effect on their running. Many women experienced "good" and "bad" days related to their cycles.

Forty percent of the women felt sluggish or bloated, generally before their periods began. Twenty-four percent had cramps but 8% said that running helped relieve the cramps and other pre-menstrual problems. Besides cramps and feeling bloated, women complained of heavy breasts (4%), low backache (2%), weakness and heavy legs (6%), nausea (2%) and emotional upsets (depression and irritability) (4%).

Eight women (16%) said that they felt especially peppy on certain days of their cycles, although the days varied from woman to woman. Two women (4%) felt best right before their periods. Another two felt best on the first few days of their periods. The others felt best during mid-cycle.

One sub-3:00 marathoner wrote: "When I do have a period I become 'speedy.' The first day or two I am usually awake all night, hyperactive mind and shaky."

A veteran marathoner reported that "a day before I'm due, and the first two days can be the worst, I'm feeling sluggish and crampy, but much better than when I was a teenager."

"I do feel like a sack of potatoes on the day or two before the first day," commented an international cross-country star. "No time to run a great race."

Another sub-3:00 marathoner said, "I feel (and am) bloated, sluggish several days before my period and the first day of it. I prefer to race around mid-cycle . . . best results then, I feel 'lean and mean.'"

## CONTRACEPTION

Exactly half of the women surveyed have tried birth control pills at one time but only 16% were still using them. Why 34% discontinued their use is unclear although side-effects, particularly weight gain and nausea, could significantly hamper an athletic performance.

Instead of the pill, 18% of the women relied on the diaphragm. Surgery (seven vasectomies, one tubal ligation and one hysterectomy) solved the contraceptive problems for another 18%. Six women relied on condoms, six on IUDs, two on foam. Nine women said they used no artificial means of contraception. Another two women were post-menopause.

If stress from hard training may upset the menstrual cycle due to hormonal imbalance, as several women suggested, then what effect will oral contraceptives have on an overtrained, overstressed athlete? Will the balance be restored or will further imbalance result?

## PREGANCY

There appears to be no evidence that running during pregnancy is harmful, according to *The Physician and Sports-medicine* (May 1974). Most athletes stop competing after the fourth month, the journal reported, adding that the uterus is well protected from injury and the fetus is in little danger except from massive trauma.

Few (16%) of the women surveyed had run during a pregnancy, mainly because they either had never been pregnant or they had started running after their last pregnancy.

Two women said that they had stopped running completely when they became pregnant. One switched to walking. One woman stopped after the first month and one each stopped after the fourth, fifth, sixth and seventh months. Three women ran straight through the ninth month.

One woman wrote at length about her pregnancies and running:

"I was running some before each of my three pregnancies—a little bit the first time, a little more the second time and even more the third time. The first

two times, I quit shortly after becoming pregnant. My obstetrician said that the jarring could possibly dislodge the fetus during the first 3½ months (it is not firmly implanted until then). I'm not so sure that this is true, though.

"I planned to run longer this last time, but found that with the same amount of training and racing effort I was running much slower than my pre-pregnancy days and feeling much more tired, too. Also my recovery from racing was much slower. I feel pretty tired and irritable the next day after a long, hard race. When I was pregnant, that feeling would last for several days.

"So this last pregnancy, I quit running at about 2½ months. I was too tired and it wasn't much fun . . . I began exercising and swimming half a mile regularly . . ."

This woman had easy deliveries and resumed running six weeks after the last delivery, pointing out that keeping up with a baby's eating and sleeping habits can be tiring, too.

Two other women said that they waited six weeks before running again, while three more started running two weeks after delivery.

A mother of four who has run a 3:30 marathon ran up to 10 miles while she was pregnant. She also went for a three-mile hike before her third child was two days old.

Another woman ran 3-4 miles until her fifth month and tapered off to an 880 on the day of delivery. She reported a short, easy labor with no complications.

A marathoner who teaches jogging classes wrote that she ran until she felt too heavy and off-balanced. "Many in my class are running up to the eighth months and are doing very well," she added. "They're having healthy babies and are able to recover sooner to their previous level of fitness."

Looking back, a woman said, "I continued training and competition until I was 3½ months along. If I had known about maternity girdles, I might have kept it up longer, also if I had had access to good medical information."

When asked what changes in running they would make if pregnant, only one woman said that she would stop running. Twelve (24%) said that they would cut down their running, 8% said that they would run as they felt, 6% would follow their doctor's advice and 18% would run as long as possible. Three said that they'd try to maintain their normal running program throughout the pregnancy.

Underlying some of the women's

comments appeared to be a distrust of medical advice from non-running doctors. One woman was lucky; she said that she wouldn't change her running program if she became pregnant because "my O.B. man also runs marathons."

For others, the lack of knowledge might force a pregnant woman to refrain from competition, to be on the safe side. A prominent New England racer said, "I might avoid a marathon in the first three months. What would that body strain do to a four-week-old fetus? Do we know?"

## FAMILY INVOLVEMENT

Running is a family affair for the women surveyed, as all but two have husbands who are runners. In some cases, the children are also runners.

Forty-eight percent of the wives and husbands train together and compete in the same races, 34% do so occasionally,



Steven E. Sutton/DUOMO

and 14% train and compete separately. While running can be a family activity, different work schedules and different running paces can keep couples apart during workouts.

Almost half (46%) of the women said that they made major adjustments in their domestic routine to accommodate running. Arranging for babysitters and scheduling meals and social activities around running were the most common adjustments.

A 3:16 marathoner (who a year later ran 2:56) wrote, "I have to get up at 5:15 a.m. daily in order to get the family up and off. If I leave it until late in the day, things come up and conflict with my schedule. Because I have a pre-



schooler, I must run when my husband is home to babysit."

Another marathoner solved her time problems by running to and from work (nine miles round-trip.)

A 26-year-old miler said that "everything revolves around running... including family and friends."

A New Jersey runner wrote that she and her husband often "do not go to friends or New York for theatre because of my running schedule and refusal to miss a day. Our friends must get used to the idea that I will run around their neighborhood before sitting down to dinner (not to mention using the host's bath)."

## FEELING ACCEPTED

Most women run with the acceptance of their families. But the reaction from friends, co-workers and neighbors isn't always so encouraging. Six women (12%) wrote that their neighbors think that they're crazy.

"A Japanese lady on the other block thinks I am insane," wrote an San Diego runner. "The man on the corner thinks I could find better things to do with my time. Many people wonder why I run. Many have a very negative view."

Eighty-two percent felt that their immediate families (husband and children) supported their running. Convincing parents of the merits of running was something else.

A runner in Massachusetts wrote, "My mother thought it was a fad and has taken two years to accept. My sister and brother-in-law were embarrassed by the way I looked in running clothes, but are proud of me now that I have local 'fame.'"

Neighbors and fellow teachers were apathetic until I got coverage in the papers, but are not supportive. It was initially all negative, but the longer I've done it and the better I get, the more people seem to be enthusiastic. It was hell at first!"

Other women noted that when they started receiving publicity for their running people became much more supportive, as if making the sports page legitimized their running.

Another Massachusetts woman wrote, "We started running when it wasn't in fashion. My folks were amused and a little concerned. Our neighbors thought we were nuts, but now we're accepted and they're proud of us, especially since we've run in the Boston Marathon and received publicity for it."

## HASSLES

Even the most devoted of runners occasionally grumbles about running-

related hassles—from soggy running clothes to idiot drivers who shove runners off the roads.

Finding time for running was a major problem for 40% of the survey respondents. Eight percent said that they feel guilty if they don't run.

Twelve percent listed verbal abuse as a problem, another 12% were bothered by cars. Visiting non-running friends created a problem for 8%.

Ten percent said that running created havoc with their hair ("I look like crap after I run," wrote a Texas P.E. teacher. "It's hard to run three miles before 8 a.m. and look good for my students.")

Other minor hassles listed by the women included sweaty clothes (6%), feeling tired (4%), running in inclement weather (8%), finding running shoes that fit (4%) arranging for babysitters (6%) and having to compete against much younger women. (4%).

One mother wrote that she had trouble finding a place to run where she could bring her son and keep him in shouting distance.

Getting her family of runners together after individual workouts poses a weekend dilemma for one California runner:

"(It's a hassle) getting workouts done at approximately the same times on weekends so we can do something else. Feeding my husband is the hardest because he doesn't want to eat before running but he often has to put off his runs and it ends up that he is not eating for about eight hours, all the time saying he doesn't want to eat because he is about to go for a run. He ends up very irritable and exhausted if and when he finally works out."

Several women cited male chauvinism as one of the "hassles" of running. "People believing you to be 'just a woman,' not an athlete, people not taking you seriously," as one of the nation's leading distance runners put it.

Another top runner wrote of the problems involved in "being a woman in a male-dominated sport, a sport in the past considered to be only for men."

## REWARDS

The rewards of running were clear from the survey results. Nearly all (88%) of the women listed fitness as a main reward. Forty-two percent listed friendship as a reward of running. Several women said that all their friends were runners, and with 86% of their families involved in track clubs, it is evident that running fulfills a social as well as athletic function for many people.

Almost half of the women (44%) said that running helped them emotionally,

giving them sense of well-being and self-worth.

One spoke of the "joy of discovering, knowing and using my body; a clear head after the runs; good people; solitude, a sense of 'yes, I can.'"

Another said that running was a "positive outlet" for her energy.

Most of the women placed running high on their list of priorities, regarding it as seriously as eating and sleeping.

"Running is very important," wrote an Indiana runner, "Probably below only my family and my job/career, but part of these as well. I don't think I could be as successful at any of these without the confidence and outlet of running."

A 33-year-old Californian said, "Running blends into the other values which make up the disciplined part of my life. Being a self-actualized, spirit-filled person also fits together in my running puzzle."

A veteran of 10 years of running wrote that "running is one of the highest things on my list since I would like to remain fit and self-sufficient, and not be a drag on my family and community for as long as possible. Mentally, I can function much better and make better assessments of situations with the meditation possible with long distance running."

A 43-year-old mother of three said she rated running right after her family's health and happiness: "I do not ever plan on stopping unless absolutely necessary. I hope to die winning a race on my 100th birthday."

A 24-year-old runner wrote, "I am far from being a national caliber runner, but I thrive on it and my marriage is enhanced by the fact that I run and my husband runs."

The wife of a Navy officer said, "While running, I honestly feel that I am closer to God and find it an ideal time to pray and meditate."

A prominent masters-age competitor summed up her feelings about running and reflected those of many other women:

"The unbelievable feeling of good health and stamina are reward enough, but the wonderful people we have met while running and competing is the real extra.

"Running has become such an important part of both my husband's and my life that when deprived of a single day of it we feel the loss. It really is more than just exercise and physical benefits. (It's) the marvelous mental 'escape' that comes while running that is so necessary in these stressful times." ●

# Quiller Turns His Teams Around

by Ray Hosler

**W**hen the Colorado Track Club won the AAU national cross-country championship last fall coach Jerry Quiller's dream came true—a year late.

Two years ago, at the University of Colorado in Boulder home of the Colorado TC, Quiller vowed to put Colorado on the running map. He was then head cross-country coach at CU and “guiding spirit” for the track club.

The Colorado TC succumbed to heat and injuries at the 1973 AAU cross-country championship in Florida, finishing fifth. They thought they could win (Jan. '74 *RW*.)

How did the Colorado TC manage to stay together for another try in spite of many of the runners graduating from CU and Quiller leaving the university last year? What was their key to victory over the Florida, Oregon, Chicago and New York Track Clubs at Belmont, Calif. last fall?

Jerry Quiller can be singled out as the man who helped put together a winning effort. He's the kind of coach who produces in times of adversity. Give him a “no-name” mediocre track program, a tight budget, zero foreign imports, a team without spirit and in a year, maybe two, he'll come up with a winner.

Presently, Quiller is second-year head track and cross-country coach at Wayne State University in Detroit. Already, the cross-country team has shown significant improvement under his guidance and the track team won the Great Lakes Conference championships in May, after placing last in 1974.

The Quiller saga though is not one of a man who has reached his zenith, for at a young 33 he has time with him and the ability to recognize changing running philosophies. He outlines his ideas on coaching:

“I like to have a close relationship with all the runners, no matter what their ability,” says Quiller. “My athletes are treated the same once they are in the program as they were when I recruited them. I don't hustle an athlete to exploit him.”

Quiller adds, “My philosophy is to be out there to help others. Running, to me, helps a person realize and develop his full potentials as an athlete in life. In establishing a closeness to the athlete, I find he becomes more motivated, learns

more quickly and drops out less frequently.”

At Colorado, Quiller proved his leadership ability as the dropout rate on the CU track squad decreased from nearly 50% to 5% in 1974. The cross-country team went from sixth in the Big Eight Conference in 1969 to sixth in the NCAA in 1974.

During his four-year stay at Boulder, Quiller helped to form the Colorado Track Club and vowed to make Boulder the “running capital of the world.” He formed the nucleus of what was to be a winning combination with runners Ted Castaneda, Mike Peterson, John Gregorio, Rick Trujillo, John Lunn, Tarry Harrison and many more.

Ted Castaneda was undoubtedly Quiller's greatest coaching success while working at CU. Ted evolved into a 10,000-meter internationalist in 1973. He remembers Quiller's coaching:

“Being associated with Jerry Quiller has been a most rewarding experience. His enthusiasm about running and coaching abilities astound me. For example, when I first arrived at CU, I was stunned to find him out running with the team during 6 a.m. runs.

“But for me, the most important aspect of his coaching was his ability to help a runner to enjoy as well as to excel in the sport. I remember training runs on the roads when he would film us and then allow us to see them. And there were many crazy running adventures with Quiller, from running in a pouring rain to chasing cows or running down a creek.

“He would always gather newspaper clippings and give them to runners and there were many get-togethers at his home.

“I definitely feel that if I didn't have Jerry as my distance coach at CU, I wouldn't have reached the times that I did while I was at the university.

Rick Lower, who thrived under the Quiller formula (which ignores curfew hours, grooming restrictions and mandatory punishing workouts) is becoming a capable marathon runner. He ran 2:27 at Boston this spring. He comments on Quiller's consideration for all athletes:

“Quiller had a concern for all runners. I've known a lot of coaches and most of them treated the average runner like dirt,

but Jerry's not like that. He would treat me just like Castaneda or Mike Peterson.

“When I decided to transfer to (CU) from the Air Force Academy, I had no credentials. I write Jerry with a 10:17 two-mile and he writes back like I'm one of his most important recruits! And could he get us psyched! I started to believe I could do anything.

“Actually, Jerry was really more of an advisor. He merely suggested training regimens. We only ran as a team at CU two days a week. We were on our own the rest of the time. We trained the way we wanted. But for those who wanted coaching, Jerry was always waiting at the office.

“I feel this type of program helps a runner stand on his own and instills a love of running in him he'll never lose. Jerry was not just concerned about our running, but us as a person. He would take us camping, fishing . . . and he expected us to treat him as an equal.”

Quiller's first-year cross-country record of 8-3 at Wayne State, the best season since the '60s, and the school's conference championship speak for his ability. Ray Maes, javelin thrower on the Wayne State team, says this about Quiller's first successful year as coach there:

“The ‘Q’ (Quiller) has a technique of getting us to compete to maximum potential I have not yet been able to understand.

“His overwhelming success, I feel, is due to his honesty and his occasional confused state of mind. I don't think anyone really understands his methods, but his results are incredible.

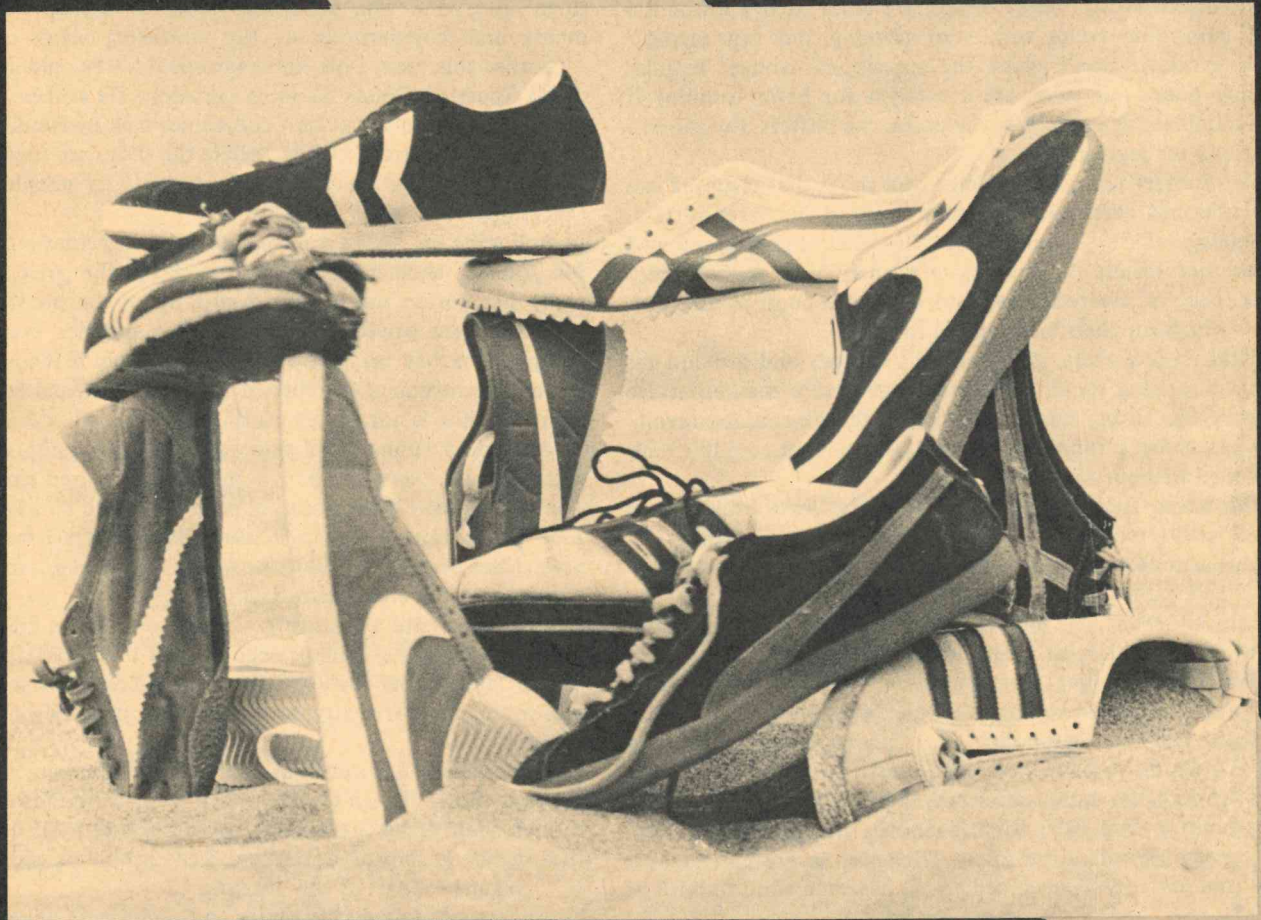
“For the last three years, Wayne has lost all dual meets, and sometimes athletes were embarrassed to find out that other colleges, out of state, thought Wayne was a high school. This year it started out the same way, but now, in our division, there is honor on the team. People have heard of us.

“Because of lack of personnel and money, Wayne's athletes are adapting the ‘Q's’ need for perfection and are working in groups, helping each other.

“There is something psychological about the situation that Coach Quiller has created, and that makes the athletes work together to improve and win . . .” ●

# Special Shoe Supplement

Annual buyers' guide to  
more than 150 models  
of flats and spikes.



# The Interplay of Supply and Demand

If we're to appreciate the quality and selection of running shoes available now, we first must see how far these shoes have come—and why.

Some history: The so-called “running revolution” is said to have started in about 1968. For a number of reasons we don't need to go into here, the running population took a sudden jump then. Road running in particular grew into a mature sport.

This couldn't have happened without good shoes for protection against hard surfaces. And at the same time, the shoe companies wouldn't have turned out improved models without a nudge from the new market.

“Training and racing are both harder and easier now that the flat-shoe selection has improved,” reported the booklet *Shoes for Runners*. “These shoes have eliminated a lot of the little pains that come with hard training and fast racing.”

Shoes alone don't make the runner, of course. Regular training does. But shoes are a catalyst for better running if they eliminate the negative—the pains, the blisters, the shock—and allow for regularity.

The booklet continued, “Improved shoes that blistered less and cushioned better made possible the great increases in training mileage of the '60s and early '70s—which in turn produced better race results. And as more runners have trained more miles, they've created a demand for more comfortable footwear—which suppliers have rushed to fill.”

Within a few years, the interplay of supply and demand has changed running shoemaking from little more than a cottage industry into a big business. Along with the running revolution has come a running *shoe* revolution. One couldn't have happened without the other.

This is our fourth publication on shoes. We're back now to where we started before the revolution: in the magazine. The first shoe report was part of a special issue of *Distance Running News*, published in April 1967.

Bob Anderson was editing and mailing the magazine from his bedroom in Kansas then. Jeff Johnson wrote the special section. He was selling Tiger shoes from his home in southern California, calling his company Blue Ribbon Sports.

These two men symbolize what has happened in running and in running shoes in just eight years. Anderson's magazine now has 50 times more subscribers than it did then. Johnson is an executive with Blue Ribbon Sports, the flourishing company which manufactures Nikes. The boom in running, which they undoubtedly have helped along, has been good to both of them.

Jeff Johnson's first report covered almost every type of running shoe available. There were 15—all of them rather heavy and stiff leather shoes. A survey taken then determined that the “best” shoe for racing was the Tiger Marathon in white leather. Nylon still hadn't reached the starting line. The

Tiger Road Runner was the first choice for training.

Neither of these shoes is even produced any more. Other, better ones pushed them off the shelves years ago. The list of most popular shoes was entirely different when we came out with the booklet *All About Distance Running Shoes* in 1971. It had changed significantly again for *Shoes for Runners* two years later. That booklet became obsolete rather quickly, too, as new shoes—sometimes new companies—surfaced each month.

To keep pace with changing styles and preferences, we now have to update the report every year. And we're putting it in the magazine, instead of a separate booklet, to give the information maximum exposure. Everyone who runs wears shoes, so everyone needs to read more than advertising claims about them. Everyone who subscribes deserves objective measurements and comparisons of the confusing array of shoes.

Earlier this year, Bob Anderson spent a weekend at the National Sporting Goods Show in Houston. He said he was surprised at the number of new companies making running shoes. “Actually,” he wrote in *RW*, “while the shoes are theoretically made for running, many of them are worn by people who do everything *but* run.”

Bob went on, “It's good to see other companies getting into the running shoe market. For one thing, the price of shoes really has gotten out of line. And a lot of the shoes I saw in Houston were priced much lower than popular brands. The competition may bring down prices—but only if the new shoes are an improvement on current ones. Price means nothing to me if the shoe is not what I want.”

All serious runners feel this way. Sure, we complain about rising prices. Every company's prices have soared since 1973. The Adidas SL-72, for instance, is up 30%. The Puma 9190, up 22%. Tiger Corsair, up 19%. New Balance Trackster III, up 18%. Nike Boston, up 10%. At \$20-30 a pair and two or more pairs a year, the cost is significant.

Yet this is still a relatively cheap sport. Shoes are the runner's only major equipment expense, and their cost only works out to 10-15 cents per day. Good shoes are worth a few pennies more, since frugality here may end up costing more than it saves.

Bob Anderson noted that many of the companies offering cut-rate shoes “haven't even talked with a runner. And even though their prices are lower, I wouldn't buy their shoes until the quality is improved. Blisters, knee problems, shin splints, etc., might be a part of the ‘bargain.’ ”

Anderson advised companies and consumers alike to “talk to people who know what a good running shoe is.” We did that as the basis for this special report. We surveyed the *Runner's World* readers.

This was not a sampling of all running shoe wearers. If it were, the results would have been quite different. For example,

many more sprint and "casual" shoes would have shown up. Of the 1000 people we polled, 95% are distance runners and 85% of them race.

This was not the kind of random sampling that would satisfy Gallup pollsters. We surveyed a select group within a select group—the most concerned minority within the minority of the running population which reads this magazine.

This was intentional, for two reasons. We're publishing the results for *RW* readers, so their views are most important here. And their opinions should have clout with manufacturers, too, because this is a highly sophisticated group. These runners know shoes after trusting their feet to 30-40 miles a week, or more, in them. If a shoe passes this test, it will pass lesser ones.

Read the often-quoted "popularity" figures for shoes with this in mind: "Most popular" shoes aren't necessarily the best ones. Factors besides intrinsic quality—cost, availability, advertising, etc.—influence buyers. But popularity with runners is still a reasonably good measure of a shoe's worth. Runners whose foot health and performance are at stake will gravitate to the most comfortable models—no matter how expensive or hard to get. No one can fool them for more than a mile or two.

The latest popularity figures show the great and sudden changes in running shoemaking. Thirty-three models are worn by 1% or more of the runners we surveyed. And more than half of those shoes have been introduced since our check two years ago. The Adidas Country, Tiger Montreal and Puma

9190 are among the top five training flats. All are new.

However, the perfect shoe isn't here yet. And runners continue to fill their closets with failures while looking for it. They still complain that they need a shoe with variable widths (only one major company, New Balance, makes one) . . . that not enough attention is paid to the special needs of women and children . . . that companies make too many pretty shoes which vary little in substance . . . that shoes cost too much and wear out too fast.

We can't identify a perfect shoe for everyone, because there isn't one. What we're trying to do here is save you time and money while looking for one which is merely adequate. To accomplish this, we're doing two things we haven't done in the past three shoe reports: (1) listing all known models intended to be worn by runners; (2) attempting to give actual quality ratings of them.

As we do this, we recall the words of Jeff Johnson in the first shoe issue: "The report was conceived at the outset as a means of determining the 'last word' in running shoes. It failed. It failed because there is no 'last word.' The cliché about one man's meat being another man's poison was never more true in the collected statements of opinion about running shoes."

That's one feature of shoes which hasn't changed much in eight years. Runners can no more be totally satisfied with their shoes than totally satisfied with their distances and speeds. This is good if it keeps them searching.

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Supplement cover photo by Stan Pantovic/DUOMO

# Who Sells What to Whom?

The Japanese have the reputation for being master imitators. In running shoes, however, they have provided far more innovation than imitation.

In the 1960's, the Onitsuka Company was first to see a need and fill it. The people who brought us Tigers were the first to make high-quality, low-cost (\$8.50 per pair of Marathons; ah, those were the days!), lightweight and widely-distributed shoes made specifically for long distance running on the roads. They were also the first to put us in nylon uppers—which every other major company has now copied.

Tigers led us out of the dark ages of running footwear. Little more than 10 years ago, the choice was among spiked shoes and hard track “warmup flats,” homemade models, and esoteric brands of road shoes made in mom-and-pop shops back East. Now we can choose among 100 or more specialized shoes from 25 or more companies.

We're not endorsing Tigers as the best of this array—but only establishing the company's role as a pioneer. Above all, Onitsuka proved that there was a large and growing market for distance running shoes. If a manufacturer made the right kinds of shoes, runners would buy them—and both sides would profit in the transaction.

Adidas, the German giant which dominated the spiked shoe market then (and still does), was first to notice Tiger's success. Adidas improved and broadened its line of distance flats, and now is running even with Tiger in sales to serious road runners.

Puma, Adidas' rival on the track, was slow getting started on the roads and has never threatened these two leaders in the market we surveyed.

The threat to the big two has come from a recent entry, US-based Blue Ribbon Sports, which produces Nikes. Blue Ribbon originally imported Tiger shoes to this country, but split in 1972 to go into business for itself. (The legal haggling over that split, over disputed patents and model names, is still going on.)

Among *RW* reader-runners, these three brands—Tiger, Adidas, Nike—are far ahead of all others in every category of shoe. Together, they account for 84% of the sales in spikes, training flats and racing flats to this group.

Two other German companies—Puma and E.B. Sport International—and American manufacturers New Balance and Brooks are the only other shoemakers attracting a sizeable

chunk of the market. Again, though, we emphasize that this is *not* a reflection of overall sales since most short-distance runners and “casual” wearers weren't included in the survey.

More than a dozen other companies now make shoes designed for runners. Several of these brands look promising, but so far haven't been able to scratch out more than a fraction of one percent of sales.

Unlike 10, five or even two years ago, new companies and new models face tough competition in a field which suddenly has become crowded with established stars, and among sophisticated buyers who can afford to be discriminating.

## Leaders in the Shoe Sales Race

### ALL SHOES

Company	%
1. Adidas	36%
2. Tiger	28%
3. Nike	20%
4. Puma	6%
5. New Balance	3%
6. Brooks	2%
7. Sport International	2%
All others	3%

### SPIKED SHOES

Company	%
1. Adidas	57%
2. Nike	18%
3. Tiger	15%
4. Puma	7%
All others	3%

### RACING FLATS

Company	%
1. Tiger	38%
2. Nike	29%
3. Adidas	23%
4. Sport International	2%
5. New Balance	2%
6. Puma	1%
All others	5%

### TRAINING FLATS

Company	%
1. Adidas	37%
2. Tiger	26%
3. Nike	16%
4. Puma	9%
5. New Balance	4%
6. Brooks	3%
Sport International	3%
All others	2%

Figures are based on a survey of *Runner's World* readers taken in June 1975. Only brands preferred by 1% or more of those runners are listed.

## Addresses of the Shoemakers

These companies are known to be manufacturing shoes for runners and distributing them in the United States and Canada. Address requests for information, suggestions and complaints to the nearest distributor:

**AAU SHOES**—Manufactured in South Korea; distributed by Intermark Shoe Co., 1382 West Ninth St., Cleveland, Ohio 44113.

**ADIDAS**—Manufactured West Germany; distributed by Libco, 1 Silver Court, Springfield, N.J. 07081; Clossco Inc., 2200 Martin Ave., P.O.

Box 299, Santa Clara, Calif. 95050; Vanco, 5133 West Grand River Ave., P.O. Box 870, Lansing, Mich. 48901; Hughesco Inc., 2830 Merrell Rd., Dallas, Tx., 75229; Adidas Canada Ltd., 550 Oakdale Rd., Downsview, Ontario M3N 1W6, Canada.

**BOB WOLF**—Manufactured and distributed by Bob Wolf Associates Inc., 10631 Stanford Ave., Garden Grove, Calif. 92640.

**BROOKS**—Manufactured and distributed by Brooks Shoe Manufacturing Co., Factory St., Hanover, Pa. 17331.

**BROWN**—Manufactured and distributed by Brown Shoe Co., 8300 Maryland Ave., St. Louis, Mo. 63105.

**CONVERSE**—Manufactured and distributed by Converse, 55 Fordham Rd., Wilmington, Mass. 01887.

**E.B. SPORT INTERNATIONAL (LYDIARD)**—Manufactured in West Germany; distributed by Sport International, 8422 Fable Ave., Canoga Park, Calif. 91304.

**ECONO-JET**—Manufactured and distributed by Econo-Jet Sport Shoe Co., 1501 College Ave., Southeast Grand Rapids, Mich. 49502.

**GOLA**—Manufactured in Great Britain; distributed by General Sportcraft, 140 Woodbine St., Bergenfield, N.J. 07621.

**HYDE-SPOT BILT**—Manufactured by Hyde-Spot Bilt, 432 Columbia St., Cambridge, Mass. 02141.

**KARHU**—Manufactured in Finland; distributed by Carlsen Import Shoe Corp., 524 Broadway, New York, N.Y. 10012.

**K-SWISS**—Manufactured and distributed by K-Swiss, 14641 Armington St., Van Nuys, Calif. 91402.

**MEDALIST**—Manufactured and distributed by Medalist Athletic Shoes, P.O. Box 748, Airport Industrial Park, Sikeston, Mo. 63801.

**NEW BALANCE**—Manufactured and distributed by New Balance Athletic Shoe Inc., 176 Belmont St., Watertown, Mass. 02172.

**NIKE**—Manufactured and distributed by Blue Ribbon Sports, 6175

Southwest 112th, Beaverton, Ore. 97005; Blue Ribbon Sports, 4 Jeffrey Ave., Holliston, Mass. 01746.

**PATRICK**—Manufactured in France; distributed by Action and Leisure Inc., 45 E. 30th St., New York, N.Y. 10016.

**POINT-FOUR**—Manufactured and distributed by Point-Four, 4050 Talmadge Rd., Toledo, Ohio 43623.

**PONY**—Manufactured in Canada; no address available.

**PUMA**—Manufactured in West Germany; distributed by Beconta, Inc., 50 Executive Boulevard, Elmsford, N.Y. 10523; Beconta Inc., 340 Oyster Point Boulevard, South San Francisco, Calif. 94080. Beconta Inc., 6759 East 50th Ave., Commerce City, Calif. 80022.

**REEBOK**—Manufactured in Great Britain; distributed by Sprint Sales Co., P.O. Box 356, Huntington Valley, Pa. 19006.

**RIDDELL**—Manufactured and distributed by Riddell Inc., 1151 West Roscoe, Chicago, Ill. 60657.

**ROAD KING**—Manufactured and distributed by Friberg Enterprises, 9433 Alto Dr., La Mesa, Calif. 92041.

**SPAULDING**—Manufactured and distributed by Spaulding Ski Products, Westfield Industrial Park, Westfield, Mass. 01085.

**SPEED SHOES**—Manufactured and distributed by Speed Shoes, 98-A Wilmington Rd., Burlington, Mass. 01803.

**TIGER**—Manufactured in Japan; distributed by Curley-Bates Co., 860 Stanton Rd., Burlingame, Calif. 94010; George A. Davis, Inc., 7205 Hibbs Lane., Levittown, Pa. 19057; Olympic Sports, 2607 National Circle, Garland, Tex. 75041; General Sports Corp., 5121 North Ravenswood Ave., Chicago, Ill. 60640; Pete Buckley and Co., 650 Great Southwest Parkway, Atlanta, Ga. 30336; Vikski Canada Ltd., 2058 Trans Canada Highway, Dorval, Quebec H9P 2N4, Canada.

**UNIROYAL**—Manufactured and distributed by Uniroyal, 1230 Avenue of the Americas, New York, N.Y. 10020.

## Flat Shoes for the Road

**I**t's a long, thin limb we venture out on when we tell customers specifically what shoes are best for them. Buyers and sellers both are waiting to cut us off for making suggestions which don't match their needs and vested interests.

We're accepting that risk now, after avoiding it in three previous shoe reports, because time has come to make some order in the chaos of the exploding running shoe business. No runner is able any more to weigh, bend, feel, try on and try out every available shoe.

We've taken over some of the experimenting. And at the risk of making some mistakes, we're prepared to put flats and spikes in 1-2-3 order according to quality. Admittedly, any numerical system of rating shoes is arbitrary at best. The only test which in the end means anything is, "How does the shoe feel when it touches the foot and meets the ground?" But now that runners have such a variety of shoes to choose from, they can't give each one a road test. So last year, with help from podiatrists who know what to look for in footwear, we came up with a set of standards by which to narrow down the selection before buying new shoes.

The booklet *Athlete's Feet* analyzed 30 models in eight different ways, and concluded, "There is no 'perfect shoe.' Dis-

counting for now the matters of individual needs and preferences, there still is no running shoe without at least one significant defect. Most shoes have several flaws . . ."

Now, after adding four more tests and checking another 30 shoes, the evidence is even stronger that the quality of shoes could be better than it is. For instance, the most glaring problem is sizing. Only one major company makes shoes in variable widths—and only a few models fit women, children and out-sized men. Also, the companies still have a tendency to produce a number of styles which look different but are nearly identical in substance.

These 12 tests examine substantial differences among shoes, rating them "A" (good), "B" (fair) and "C" (poor) in each area. Be aware, though, of your own wants and weaknesses. A single "A" may sell you on a particular shoe, or one "C" might eliminate it from consideration.

After explaining the rating system, we'll look closely at the types of flats worn by 1% or more of the *RW* readers surveyed. There are 26 of these shoes. We've added four new models which came on the market at mid-year (after the poll) and appear headed for success.

If your shoes aren't included, check them the same way.

● **Price.** The \$10 running shoe has gone the way of the nickel cigar and 10-cent Coke. Any shoe under \$20 is a bargain now, but only if quality accompanies how price. Racing shoes are at both extremes among those included in this study, with Nike Marathons and Tiger Pintos costing \$16.95 and Adidas Marathons \$37.50.

*A = under \$20 (suggested retail price, October 1975).*

*B = \$20-29.*

*C = \$30 and up.*

● **Width.** Regardless of what running shoemakers seem to think, not everyone has D-width feet. If you're much narrower or wider than that, you're wearing a too loose or too cramped shoe at a time when fit is most critical... unless you're wearing New Balance, the only shoe made in variable widths.

*A = variable widths available.*

*C = one standard width.*

● **Number of Users.** These popularity figures come directly from the *RW* survey—nearly 1000 runners, most of them long distance competitors. As mentioned earlier, popularity is only a fair indicator of quality.

Top 10 training shoes: (1) Adidas SL-72/76; (2) Adidas Country; (3) Tiger Montreal; (4) Tiger Corsair; (5) Puma 9190; (6) Nike Nylon Cortez; (7) Adidas Gazelle; (8) Nike Leather Cortez; (9) Tiger Nairobi; (10) Nike Kenya Red/Finland Blue.

Top 10 racing shoes: (1) Tiger Pinto; (2) Nike Boston '73; (3) Adidas SL-72/76; (4) Tiger Nairobi; (5) Tiger Jayhawk; (6) Nike Oregon Waffle; (7) Nike Marathon; (8) Adidas Dragon; (9) Adidas Marathon; (10) Adidas Country.

*A = over 10% of the sample prefers these shoes for racing and/or training.*

*B = 5-9%.*

*C = less than 5%.*

● **Drop Rate.** Statistics on how many people quit wearing a shoe are perhaps more significant than the number still using them. Changing shoes usually indicates dissatisfaction.

These shoes have the highest "drop rates" (number of wearers in our survey divided by number who've quit in the last year): (1) Adidas Dragon; (2) Tiger Corsair; (3) Nike Finland Blue/Kenya Red; (4) Nike Nylon Cortez; (5) Adidas Rom.

*A = under 10% "drop rate."*

*B = 10-49%.*

*C = 50% or more.*

● **Sole Makeup.** The most durable and well-cushioned shoes have two features: (1) a tough outer sole with a softer layer under it; (2) adequate thickness from toe to heel.

Despite the wide variety of shoes listed here, the majority have one of two basic sole types—the "Cortez" or the "SL." The Nike Cortez, Tiger Corsair and several others have two strips of rubber totaling about a half-inch, plus an ample wedge elevating the heel. The padding under the ball of the foot is less on the "SL" sole, the heel is well-wedged and is rounded up in back. Nearly every company now uses this design on one or more models.

*A = two-layer sole, total of a half-inch or more under ball of foot.*

*B = two-layer sole, less than a half-inch under ball.*

*C = single layer under ball of foot.*

● **Sole Bend.** Since the foot flexes dramatically at toe-off,

so must the shoe. If the shoe doesn't bend easily, the front and back of the leg takes up extra stress which can hurt runners who are prone to achilles tendon and shin injuries.

Look for a balance between adequate cushioning under the ball of the foot and flexibility in that area. Of the three leading brands, Adidas tends to make more flexible training shoes than Nike and Tiger.

*A = shoe bends (at ball of the foot) up to 90-degree angle by pressing fingers against the front.*

*B = can be bent to 90 degrees only by holding front and back of shoe, and flexing wrists.*

*C = need full-arm force to bend the shoe to 90 degrees.*

● **Shank Support.** Several foot specialists have pointed to the cutaway shank—the area under the arch—as a source of many heel and arch injuries. When a runner strikes with several hundred pounds of force per square inch, this "bridge" buckles, throwing unusual strain onto the foot. The shoe sole at the arch should lie flush with the ground, which doesn't happen in two leading racing flats—Nike Marathons and Tiger Pintos.

*A = solid, rigid shank.*

*B = partial "bridge" under arch.*

*C = full "bridge."*

● **Heel Lift.** Distance runners don't want platform shoes, but they do need some elevation of the heel. This relieves strain on the calf and achilles tendon, which are accustomed to support in street shoes.

Measurements of heel lift are taken by subtracting the thickness of the sole under the ball of the foot from the maximum thickness of the heel. In almost all shoes, this lift is in the narrow range between one-fourth and one-half inch. The Karhu 2323 has the highest heel at five-eighths of an inch.

*A = one-half inch or more.*

*B = three-eighths inch.*

*C = one-fourth inch or less.*

● **Inside Support.** The standard arch supports in running shoes are of questionable value. Podiatrists say supports are like glasses. If you need them, you need individually prescribed ones. But many runners swear they get some help from the pads built into or added to their shoes. Arches range from the contoured leather interior of the Lydiard Road Runner to nothing but a flat bottom in the Tiger Pinto.

*A = built-in arch support and/or heel cup.*

*B = removable sponge-rubber arch cushion.*

*C = no arch support.*

● **Upper Softness.** Brittle leather causes blistering. That's the main reason that nylon dominates running shoes now. Leather, even the fancy suede which starts glove-soft, grows hard from weather and age. Nylon stays softest for the life of the shoe.

Among runners we surveyed, four of the six most popular training flats are nylon—as well as the top eight racing models.

*A = nylon upper.*

*B = suede (reversed) leather.*

*C = standard leather.*

● **Heel Counter.** The "counter" is the hard piece around the back of the shoe, designed to stabilize the heel. This heel control is critical for anyone with a tendency toward foot and lower-leg injuries—which means at least two-thirds of us.



Adidas has a reputation for well-supported heels. Nike and Tiger are coming around, but some of their models still lack rigidity here.

A = rigid counter covering the entire heel area.

B = semi-rigid counter covering the entire heel area.

C = minimal or no counter (back of the shoe easily flattened with finger pressure).

● **Shoe Weight.** The amount of weight a runner will tolerate depends on the shoe's purpose. Racers will sacrifice support for lightness. Trainers are more concerned with protection but still don't want to drag around one-pound casts.

The rating here are based on the weight of one size-nine shoe. Most racing shoes (Tiger Jayhawks, for instance) are well below 10 ounces. Medium-weight all-purpose shoes (Adidas SL-72/76) weigh 10-12 ounces, and some heavy-duty models (New Balance Trackster III) are above 12 ounces.

A = under 10 ounces per shoe (size nine).

B = 10-11 ounces.

C = 12 ounces or more.

● **Overall Rating.** Score one point for each "A" or good mark, two for "B" (fair) and three for "C" (poor). Theoretically, the lower the score, the better the shoe in terms of all-round quality. Using this system, we now rank the 30 models. Remember that the differences among them are often quite minor, and that a lower rating doesn't necessarily brand a shoe as a failure. Dozens of others didn't even make the finals.

## TOP 30 MODELS OF FLATS

- |                       |                         |
|-----------------------|-------------------------|
| 1. Adidas SL-72/76    | 16. Nike Oregon Waffle  |
| 2. Puma 9190          | 17. Nike Leather Cortez |
| 3. Tiger Jayhawk*     | 18. E.B. Road Runner    |
| 4. Nike Boston '73*   | 19. Adidas Italia       |
| 5. N.B. Interval 3:05 | 20. Adidas Marathon*    |
| 6. Nike Road Runner   | 21. E.B. Marathon*      |
| 7. Tiger Montreal     | 22. Brooks Villanova    |
| 8. Adidas Country     | 23. Tiger Pinto*        |
| 9. Tiger Nairobi      | 24. N.B. Trackster III  |
| 10. Nike Nylon Cortez | 25. Tiger Munich        |
| 11. Adidas Gazelle    | 26. Nike Finland/Kenya  |
| 12. N.B. Speedster    | 27. Adidas Olympia      |
| 13. Brooks Drake      | 28. Adidas Rom          |
| 14. Karhu 2323        | 29. Tiger Corsair       |
| 15. Adidas Dragon     | 30. Nike Marathon*      |

Rankings are based on the 12 factors described above. "A" ratings are worth one point, "B" gives two and "C" three. As in cross-country running, lowest scores equal highest ratings. Shoes with more "C" ratings are penalized in case of ties. \* = shoes worn primarily for racing; others are training or all purpose flats.

## Report Card on the Top 30 Flats

Shoe Brand and Model	Retail Price	Variable Widths	Number of Users	Drop Rate	Sole Makeup	Sole Bend	Shank Support	Heel Lift	Inside Support	Upper Softness	Heel Counter	Shoe Weight	Overall Rating
Adidas Country	B	C	B	B	A	A	A	A	B	C	B	B	8
Adidas Dragon	B	C	C	C	B	A	A	B	A	B	A	B	15
Adidas Gazelle	B	C	B	B	C	A	A	A	B	B	A	B	11
Adidas Italia	B	C	C	B	B	A	A	B	B	C	A	B	19
Adidas Marathon	C	C	C	B	B	A	A	C	A	B	B	A	20
Adidas Olympia	B	C	C	C	B	A	A	B	B	C	A	C	27
Adidas Rom	B	C	C	C	B	B	A	B	B	C	A	B	28
Adidas SL-72/76	B	C	A	B	B	A	A	A	B	A	A	B	1
Brooks Drake	A	C	C	B	A	B	A	C	B	A	A	B	13
Brooks Villanova*	B	C	C*	C*	A	B	A	C	B	A	A	B	22
E. B. Lydiard Road Runner	C	C	C	B	A	B	A	B	A	B	B	B	18
E. B. Marathon	C	C	C	B	C	A	B	A	A	B	B	A	21
Karhu 2323*	B	C	C*	C*	B	A	B	A	B	A	A	A	14
New Balance Interval 3:05	B	A	C*	C*	B	A	A	B	B	A	A	A	5
New Balance Speedster	A	A	C	B	B	B	A	C	B	A	C	B	12
New Balance Trackster III	B	A	C	B	C	A	A	A	C	B	C	C	24
Nike Boston '73	B	C	A	B	B	A	A	B	A	A	C	A	4
Nike Cortez (Leather)	B	C	B	B	A	B	A	B	B	C	A	C	17
Nike Cortez (Nylon)	B	C	B	C	A	B	A	B	B	A	A	B	10
Nike Finland/Kenya	B	C	C	C	A	C	A	B	B	A	C	A	26
Nike Marathon	A	C	C	C	B	A	C	C	C	A	C	A	30
Nike Oregon Waffle	B	C	B	A	C	A	B	C	C	A	A	A	16
Nike Road Runner	A	C	C*	C*	A	B	A	A	B	A	A	A	6
Puma 9190	B	C	B	B	B	A	A	A	B	A	A	B	2
Tiger Corsair	B	C	B	C	A	B	A	B	B	C	C	C	29
Tiger Jayhawk	B	C	B	B	B	A	A	B	B	A	A	A	3
Tiger Montreal '76	B	C	B	B	A	B	A	B	B	A	A	B	7
Tiger Munich '72	B	C	C	A	A	B	A	B	B	C	B	C	25
Tiger Nairobi	A	C	B	B	B	B	A	B	B	A	C	A	9
Tiger Pinto	A	C	A	B	B	A	C	C	C	A	C	A	23

The shoes included in this ranking are those worn by 1% or more of the runners surveyed by Runner's World, plus several promising new models (indicated by \*) not yet available at the time of the survey. The new and untested models are given automatic "C" ratings in "numbers of users" and "drop rate" so as not to have an unfair advantage in the scoring. The rating system is explained in the accompanying text. Each shoe is analyzed individually, starting on next page.

1

## Adidas SL-72/76



It's hard to attack success, and the SLs are nothing if not successful. The runners we surveyed chose them twice as often as the nearest competitor among training shoes. (While not designed as a racing flat, the SLs still are third there in popularity.) And they rank first in overall quality, as determined in the preceding section. The well-elevated, rounded, well-supported heel is a popular Adidas innovation. The front of the shoe still gives some runners problems, however. They complain of cramped toes in that area (a familiar complaint about all Adidas, incidentally) and of inadequate padding underneath. We've lumped the two models—72 and 76—together here because the differences are in appearance only.

**Shoe:** Model Nos. 3470 (SL-72) and 3473 (SL-76). Introduced in 1970 (SL-72) and 1974 (SL-76). Available in sizes 3½-15 (one width). Single size-nine shoe weighs 10½ ounces. Suggested October 1975 price \$29.95.

**Upper:** Nylon. Blue with white trim (SL-72), Green/yellow (SL-76). Rigid heel counter. Padded upper rim with extra-high achilles pad. Removable arch cushion.

**Use:** Worn by 16.1% of surveyed runners for training, 14.5% for racing. Drop rate (users divided by quitters) 22%.

**Sole:** Two layers, outer 1/4th inch, inner 1/8th inch. Good sole flexibility. Flat shank. Heel lift 7/16ths inch. Rounded at heel.

2

## Puma 9190



Puma, Adidas' sometimes bitter competitor in track and field shoes, hadn't made a serious bid in the road market until fairly recently. Then Puma released the 9190—an answer to the SL-72. Though the 9190 is only half as popular among the runners we surveyed, it matches its rival point for point in all other respects. We rate it a close second in overall quality.

**Shoe:** Model No. 9190. Introduced in 1970. Available in men's sizes 3-14 (one width). Single size-nine shoe weighs 11 ounces. Suggested October 1975 price about \$28.

**Upper:** Nylon. Blue with white trim, red/white, gold/black. Rigid heel counter. Padded upper rim with extra-high achilles pad. Removable arch cushion.

**Sole:** Two layers, outer 1/4th inch, inner 1/8th inch. Good flexibility at ball of foot. Flat shank. Heel lift 1/2 inch. Rounded at heel.

**Use:** Worn by 7.8% of surveyed runners for training. Drop rate (users divided by quitters) 15%.

# Tiger Jayhawk

# 3



By our figuring, the Jayhawk is the leader in racing flats. It trails its older brother, the Tiger Pinto, by miles in popularity. But the Jayhawk measures up better in all other categories except price (\$5 more) and weight (an ounce heavier per shoe). The extra dollars and ounces give a heel counter, a supported arch and three layers of rubber under the forefoot. A recurring complaint about Jayhawk is that the top rim "bites in" at the heel.

**Shoe:** Model No. G-5. Introduced in 1974. Available in men's sizes 4-13 (one width). Single size-nine shoe weighs

eight ounces. Suggested October 1975 price \$21.95.

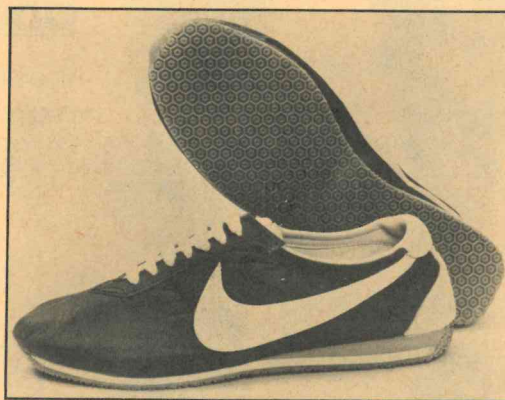
**Upper:** Nylon. Gold with blue trim. Rigid heel counter. Removable arch cushion.

**Sole:** Three layers, outer 1/8th inch, middle 1/16th inch, inner 1/8th inch. Good flexibility at ball of foot. Flat shank. Heel lift 3/8ths inch. Rounded at heel.

**Use:** Worn by 6.7% of surveyed runners for racing, 1.0% for training. Drop rate (users divided by quitters) 13%.

# Nike Boston '73

# 4



The racers love it. Only one other shoe, the Tiger Pinto, has more of them in it among the runners we surveyed. We rate the Boston much higher than the Pinto, largely because it has better arch support inside (built-in pad) and outside (flat shank). But we place it slightly behind the similar Tiger Jayhawk because the Boston lacks a solid heel counter and its sole material is a bit less durable. The Boston, like all Nikes, comes with a Spenco insole as standard equipment.


**Shoe:** Model No. 2420. Available in men's sizes 3-13 (one

width). Single size-nine shoe weighs eight ounces. Suggested October 1975 price \$21.95.

**Upper:** Nylon. Blue with white and gray trim. Minimal heel counter. Built-in arch support.

**Sole:** Two layers, both 1/8th inch. Good flexibility at ball of foot. Flat shank. Heel lift 3/8ths inch. Rounded at heel.

**Use:** Worn by 16.2% of surveyed runners for racing, 1.7% for training. Drop rate (users divided by quitters) 14%.



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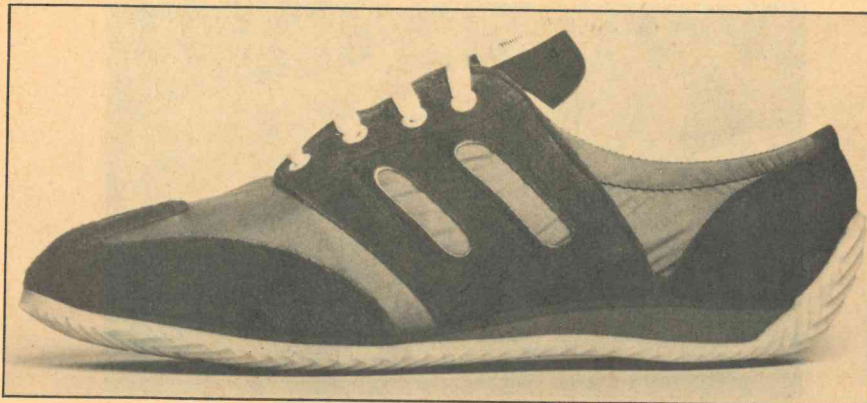
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## N.B. Interval 3:05

5



After more than a decade of relying on its old standby, the ripple sole, New Balance has switched to a more standard one—the so-called “SL” with the thick heel wedge and rounded back. And the venerable New England company has joined the swing to nylon with this new all-purpose shoe (it previously had only a racing model). The Interval looks promising enough to rate fifth in our analysis. Variable width is a big plus, as is the “flared” heel (wider at the ground than at the heel counter). A minus is the “lip” around the rim which irritates some people’s heels.

**Shoe:** Introduced in 1975. Available in men’s sizes 3½AA to 15EEEE. Single size-nine shoe weighs 9½ ounces. Suggested October 1975 price \$23.95.

**Upper:** Nylon. Blue with white and blue trim. Rigid heel counter. Padded upper rim. Removable arch cushion.

**Sole:** Two layers, outer 1/4th inch, inner 1/8th inch. Good flexibility at ball of foot. Flat shank. Heel lift 3/8ths inch. Rounded at heel.

**Use:** All-purpose shoe. Issued too late to be surveyed.

## Nike Road Runner

6



This one has exciting possibilities. The newly-released Road Runner stands out in nearly every category of our analysis: price (less than \$20), sole make up (comparable to the Cortezes), light weight (just 8½ ounces), etc. It remains to be tested by large numbers of runners. Their verdict is the critical one. But our guess is that it will at least be maintaining the number six rating a year from now. One drawback, however, may be a sole which feels relatively harder than most Nikes.

**Shoe:** Introduced in 1975. Available in men’s sizes 3-13

(one width). Single size-nine shoe weighs 8½ ounces. Suggested October 1975 price \$19.95.

**Upper:** Nylon. Green with blue and yellow trim. Rigid heel counter. Extra-high achilles pad. Removable arch cushion.

**Sole:** Two layers, outer 1/4th inch, inner 3/8ths inch. Fair flexibility at ball of foot. Flat shank. Heel lift 7/16th inch. Rounded at heel.

**Use:** All-purpose shoe. Issued too late to be surveyed.

7

## Tiger Montreal '76



The Olympics have indirectly corrected a Tiger oversight. The Munich '72 and the Montreal '76 models firmed up the heels by putting in rigid counters and padding the tops. The leather Munich has never scored well among serious distance runners, but the nylon Montreal was an instant hit. It is third in popularity in our survey. The only major complaint is that the rather soft and porous sole material grinds away too quickly.

**Shoe:** Model No. T-28. Introduced in 1973. Available in

men's sizes 3-14. Single size-nine shoe weighs 11½ ounces. Suggested October 1975 price \$23.95.

**Upper:** Nylon. Blue with white trim or red/white. Rigid heel counter. Removable arch cushion.

**Sole:** Two layers, outer 3/8th inch, inner 3/16th inch. Fair flexibility at ball of foot. Flat shank. Heel lift 3/8ths inch.

**Use:** Worn by 8.2% of surveyed runners for training, 1.5% for racing. Drop rate (users divided by quitters) 12%.

8

## Adidas Country



In several ways, this is a curious shoe. It was the first to offer a "flared" sole. In other words, the heel is wider at ground level than at the point where it meets the upper. This presumably increases stability on heel contact. However, some of this benefit is cancelled out by the fact that the Country has only a minimal heel counter—a departure from Adidas tradition—and by the fact that the gum-rubber sole wears out rather quickly. Still, this white-leather shoe has become one of the most popular on the market at a time when the trend is toward nylon.

**Shoe:** Model No. AC-1175. Introduced in 1973. Available

in men's sizes 3½-14 (one width). Single size nine shoe weighs 10 ounces. Suggested October 1975 price \$26.95.

**Upper:** Standard leather. White with green trim. Semi-rigid heel counter. Padded upper rim. Removable arch cushion.

**Sole:** Two layers, outer 3/16ths inch, inner 5/16ths inch. Good flexibility at ball of foot. Flat shank. Heel lift 7/16ths inch. Rounded at heel.

**Use:** Worn by 8.6% of surveyed runners for training, 1.5% for racing. Drop rate (users divided by quitters) 36%.

# Tiger Nairobi

9



Some runners prefer to wear the least shoe they can get by with, and to wear it every day, for every purpose, until it wears out. This type of runner likes the Tiger Nairobi. Sure, it doesn't have a lot of extras like a heel counter and padding in the upper. But it's a light yet durable shoe which can be used for racing and training. Next to the Adidas SL-72/76, it's the most preferred all-purpose model.

**Shoe:** Model No. T-26. Introduced in 1966. Available in men's sizes 3-13 (one width). Single size-nine shoe weighs 9½

ounces. Suggested October 1975 price \$19.95.

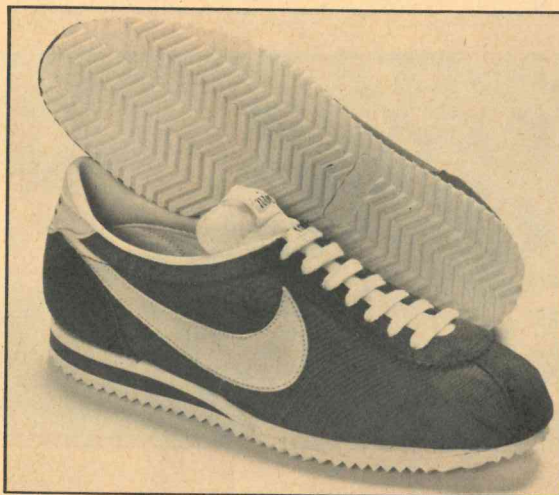
**Upper:** Nylon. Blue with white trim. Minimal heel counter. Removable arch cushion.

**Sole:** Two layers, both 3/6ths inch. Fair flexibility at ball of foot. Flat shank. Heel lift 3/8ths inch.

**Use:** Worn by 7.9% of surveyed runners for racing, 4.5% for training. Drop rate (users divided by quitters) 19%.

# Nike Cortez (nylon)

10



Not long ago, large numbers of runners were saying of this shoe, "It would be fine if my heel didn't slide all over the place." The shoes were fairly wide in that area, and had little in the way of a counter. The high percentage of runners who quit wearing the Nylon Cortez may be a reflection of dissatisfaction with the old model. The new one, which is a near-mate to the Tiger Montreal, has apparently corrected the heel problems.

**Shoe:** Model No. 2135. Available in men's sizes 3-13 (one

width). Single size-nine shoe weighs 11 ounces. Suggested October 1975 price \$24.95.

**Upper:** Nylon. Blue with white trim. Rigid heel counter. Extra high achilles pad. Removable arch cushion.

**Sole:** Two layers, outer 5/16ths inch, inner 1/4th inch. Fair flexibility at ball of foot. Flat shank. Heel lifts 3/8ths inch.

**Use:** Worn by 5.8% of surveyed runners for training, 1.3% for racing. Drop rate (users divided by quitters) 62%.

11

## Adidas Gazelle



This has been the long-time "casual" favorite. It looks great and feels fine for walking around on campus. But runners judge their shoes by higher standards than appearance and give them more severe use than kicking around. The Gazelles don't stand up quite so well to road testing. It's a substantial shoe, to be sure. But there are probably better ways to spend \$29. The Gazelle sole is softer than most (indicating quicker wear), and it feels quite thin under the ball of the foot.

**Shoe:** Model No. 3210. Introduced in 1969. Available in child's size 12 to men's 15 (one width). Single size-nine shoe

weighs 10 ounces. Suggested October 1975 price \$28.95.

**Upper:** Suede leather. Blue with white trim or red/white. Rigid heel counter. Padded upper rim with extra-high achilles pad. Removable arch cushion.

**Sole:** About 3/8ths inch thick under ball of foot. Good sole flexibility. Flat shank. Heel lift 7/16ths inch.

**Use:** Worn by 5.7% of surveyed runners for training, 1.0% for racing. Drop rate (users divided by quitters) 29%.

12

## N.B. Speedster



Although the Speedster appears to rank well for its good points, the negative ones keep it from being a highly recommended shoe. It is primarily a racing shoe, but is surprisingly heavy. It weighs more than the company's Interval 3:05. The sole of the Speedster feels hard and rigid, and the shoe has only a minimal heel counter. This was New Balance's first nylon, non-ripple-soled model. Later ones are much improved. But on the positive side, the Speedster does come in widths and has a wide, seamless toe area.

**Shoe:** Introduced in 1973. Available in men's sizes 3½AA

to 15EEEE. Single size-nine shoe weighs 10 ounces. Suggested October 1975 price \$19.95.

**Upper:** Nylon. Blue with red and white trim. Minimal heel counter. Removable arch cushion.

**Sole:** Two layers, both 3/16ths inch. Fair flexibility at ball of foot. Flat shank. Heel lift 1/4th inch.

**Use:** Worn by 1.5% of surveyed runners for racing. Drop rate (users divided by quitters) 11%.



# Brooks Drake

# 13



Of all the new companies rushing into the running shoe market in the last two years, Pennsylvania-based Brooks has done the best job of selling runners on its product. The shoe they're buying most is the Drake. It's made along the lines of the Nike Nylon Cortez and Tiger Montreal, but sells for \$5-6 less. However, the Drake also has a somewhat harder sole and a less pronounced heel lift than the two more popular models.

**Shoe:** Model No. 270. Introduced in 1973. Available in men's sizes 1-13 (one width). Single size-nine shoe weighs 11 ounces. Suggested October 1975 price \$18.95.

**Upper:** Nylon. Blue with white trim, gold/black, red/white, green/white, white/white, blue/red. Rigid heel counter. Padded upper rim with extra-high achilles pad. Removable arch cushion.

**Sole:** Two layers, both 1/4th inch. Fair sole flexibility at ball of foot. Flat shank. Heel lift 1/4th inch.

**Use:** Worn by 1.2% of surveyed runners for training. Drop rate (users divided by quitters) 33%.

# Karhu 2323

# 14



One thing is certain. Karhu has the brightest shoe on the road—a real traffic stopper. Even the green and yellow Adidas SL-76 looks drab alongside the fluorescent orange Karhu 2323. It runs to extremes in another way, too—with the highest heel lift of any model we checked. No other shoe offers so much rubber underneath, for so little weight. Its outer sole is similar to that of the E.B. Marathon—and it has the same questionable cutaway area under the arch.

**Shoe:** Model No. 2323. Introduced in 1975. Available in men's sizes 5-13 (one width). Single size-nine shoe weighs

nine ounces. Suggested October 1975 price \$25.95.

**Upper:** Nylon. Orange with black trim. Rigid heel counter. Padded upper rim with extra-high achilles pad. Removable arch cushion.

**Sole:** Two layers, outer 1/4th inch, inner 1/8th inch. Good flexibility at ball of foot. Partially cutaway shank. Heel lift 5/8ths inch. Rounded at heel.

**Use:** All purpose shoe. Issued too late to be surveyed.

15

## Adidas Dragon



If the Dragon is good, the SL-72 is even better. That's what running shoe buyers seem to be saying. At any rate, they've been switching away from Dragons in huge numbers. The "drop rate" (number of wearers compared to those who've quit) of 93% is the highest for any shoe. The reason seems to be that the Dragon weighs as much as the SL and yet does not give the same protection or support in the sole and heel. The Dragon apparently occupies a no-man's land: too thin to satisfy most people as a training shoe, yet too heavy for racing. At \$9 less than the SL, however, the price is appealing.

**Shoe:** Model No. 3330. Introduced in 1972. Available in

child's size 12 to men's 15 (one width). Single size nine shoe weighs 10½ ounces. Suggested October 1975 price \$20.95.

**Upper:** Nylon. Blue with white trim. Rigid heel counter. Padded upper rim. Removable arch cushion.

**Sole:** One full layer, one partial one ending under toes; outer 5/16ths inch, inner about 1/8th inch. Good sole flexibility. Flat shank. Heel lift 3/8ths inch.

**Use:** Worn by 2.3% of surveyed runners for racing, 1.0% for training. Drop rate (users divided by quitters) 93%.

16

## Nike Oregon Waffle



Forget all your preconceptions about what a distance shoe should be. The Waffle fits none of them, but is still worthwhile for certain purposes. It's a hybrid—something of a track shoe (in shape and in the rubber nubs which substitute for spikes) and something of a road shoe (in its adaptability to all surfaces). The Waffle is best suited for cross-country and all-weather track racing. But because it lacks sole cushioning and support, we don't generally recommend it for road races longer than a few miles.

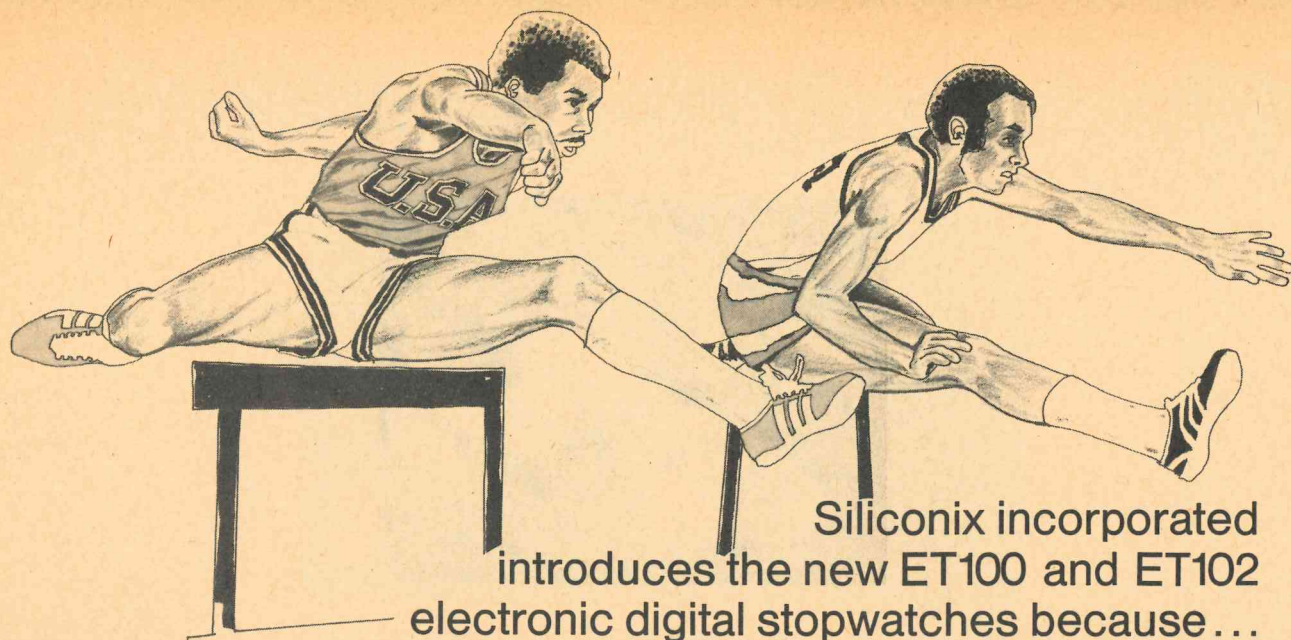
**Shoe:** Model No. 2230. Available in men's sizes 3-13 (one

width). Single size-nine shoe weighs 7½ ounces. Suggested October 1975 price \$24.95.

**Upper:** Nylon. Yellow with green trim. Rigid heel counter. Extra-high achilles pad. No arch support.

**Sole:** One layer, ¼th inch "waffles." Good flexibility at ball of foot. Partial cutaway under arch. Heel lift 5/16ths inch.

**Use:** Worn by 5.1% of surveyed runners for racing. Drop rate (users divided by quitters) zero.



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# 17

## Nike Cortez (leather)



There's confusion over the Cortez name, a most important one in running shoemaking. Nike has had at least four models called this, and several of them have been upgraded significantly. The present version of the Leather Cortez is superior to the one of two years ago, particularly in the heel area. It now has a more rigid counter and a higher achilles tendon pad. In ways other than upper material, it is identical to the more popular and higher-rated nylon version.

**Shoe:** Model Nos. 2184 and 2155. Available in men's sizes 3-13 (one width). Single size-nine shoe weighs 12 ounces. Sug-

gested October 1975 price \$27.95.

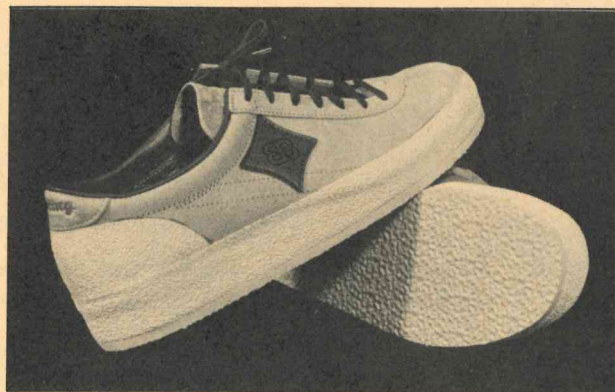
**Upper:** Standard leather (2184) and suede leather (2155). White with red trim, blue/white. Rigid heel counter. Extra-high achilles pad. Removable arch cushion.

**Sole:** Two layers, outer 5/16ths inch, inner 1/4th inch. Fair flexibility at ball of foot. Flat shank. Heel lifts 3/8th inch.

**Use:** Worn by 5.1% of surveyed runners for training. Drop rate (users divided by quitters) 40%.

# 18

## E.B. Road Runner



For a number of reasons, this shoe has not lived up to its initial promise. New Zealand coach Arthur Lydiard designed and promoted it for a German manufacturer. The Road Runner offers a type of interior construction (cupped heel, built-in arch) unmatched in the business, and more toe room than the German companies usually allow. But it has problems: (1) a rather hard and stiff sole; (2) a \$35 price, and (3) limited availability in the US.

**Shoe:** Model No. 1130. Introduced in 1970. Available in

men's sizes 5½-13 (one width). Single size-nine shoe weighs 11½ ounces. Suggested October 1975 price \$34.95.

**Upper:** Suede leather. Beige with red trim. Semi-rigid heel counter. Padded upper rim. Built-in arch support.

**Sole:** About one-half inch thick at ball of foot. Fair flexibility. Flat shank. Heel lift 3/8ths inch.

**Use:** Worn by 2.1% of surveyed runners for training. Drop rate (users divided by quitters) 30%.

# Adidas Italia

19



The Italia belongs in some kind of hall of fame, since it was one of the first good distance training flats and has survived 15 years of changing styles and preferences. It was designed prior to the Rome Olympics (hence, the name) and has only been modified slightly since then. However, as a lesser version of the Adidas Country it has lost much of its popularity in recent years. Specifically, it lacks the Country's forefoot padding and rearfoot support while costing about the same and weighing more.

**Shoe:** Model No. 3020. Introduced in 1960. Available in

men's sizes 3½-15 (one width). Single size-nine shoe weighs 11¼ ounces. Suggested October 1975 price about \$26.

**Upper:** Standard leather. White with green trim. Rigid heel counter. Padded upper rim. Removable arch cushion.

**Sole:** Two layers, outer about 3/8ths inch, inner about 1/8th inch. Good sole flexibility. Flat shank. Heel lifts 3/8ths inch.

**Use:** Worn by 1.1% of surveyed runners for training. Drop rate (users divided by quitters) 36%.

# Adidas Marathon

20



First, a clarification. Over the years, Adidas has had several shoes known as "Marathon." This is the latest, and generally the best. It offers ventilated, seamless toes, a contoured interior which has an arch-supporting effect, and the light weight required of a racing shoe. It also has the highest price-tag of any leading shoe, minimal heel lift and less than Adidas' usual heel counter. In many ways, you're asked to pay more for less—and so far relatively few runners are doing it.

**Shoe:** Model No. 7091. Introduced in 1974. Available in

sizes 3½-15 (one width). Single size-nine shoe weighs eight ounces. Suggested October 1975 price \$37.50.

**Upper:** Suede leather. Blue with white trim. Semi-rigid heel counter. Extra-high achilles pad. Built-in arch support.

**Sole:** Two layers, outer 1/16ths inch, inner 3/16ths inch. Good flexibility. Flat shank. Heel lift 1/4th inch.

**Use:** Worn by 2.0% of surveyed runners for racing. Drop rate (users divided by quitters) 17%.

# Film Loops

Study the form and style of the stars with these slow-motion films that will run continuously through your projector. Available in three standard film widths: 16 mm, 8 mm, and Super-8. N.B.: These are loops and not cartridges.

## Sprints (Starts)

- 01 JIM HINES
- 02 VALERIY BORZOV
- 03 TOMMIE SMITH

## Sprints (Full Stride Sprinting)

- 04 CHARLIE GREENE
- 05 LARRY BLACK
- 06 LEE EVANS
- 07 JULIUS SANG
- 08 JOHN SMITH

## Middle & Long Distances

- 09 PETER SNELL & RALPH DOUBELL
- 10 DAVE WOTTLE
- 11 JIM RYUN vs. KIP KEINO
- 12 PEKKA VASALA vs. KIP KEINO
- 13 LASSE VIREN vs. STEVE PREFONTAINE
- 14 DAVE BEDFORD vs. MOHAMED GAMMOUDI
- 15 CLARKE, WOLDE, TEMU
- 16 FRANK SHORTER

## High Hurdles

- 17 ROD MILBURN
- 18 WILLIE DAVENPORT
- 19 THOMAS HILL
- 20 EARL McCULLOUGH

## Intermediate Hurdles

- 21 JOHN AKII-BUA
- 22 RALPH MANN
- 23 DAVID HEMERY

## High Jumps

- 24 DICK FOSBURY
- 25 DWIGHT STONES
- 26 VALERIY BRUMEL
- 27 ED CARUTHERS

- 28 PAT MATZDORF

## Long Jump

- 29 BOB BEAMON
- 30 RALPH BOSTON
- 31 RANDY WILLIAMS
- 32 IGOR TER-OVANESYAN
- 33 HANS BAUMGARTNER

## Triple Jump

- 34 VIKTOR SANEYEV
- 35 JORG DREHMEL
- 36 JOSEF SCHMIDT

## Pole Vault

- 37 BOB SEAGREN
- 38 WOLFGANG NORWIG
- 39 JOHN PENNEL

## Shot Put

- 40 RANDY MATSON
- 41 GEORGE WOODS
- 42 WLADYSLAW KOMAR
- 43 AL FEUERBACH

## Discus Throw

- 44 LUDVIK DANEK
- 45 JAY SILVESTER
- 46 AL OERTER

## Javelin Throw

- 47 JANIS LUSIS
- 48 KLAUS WOLFERMANN
- 49 JORMA KINNUNEN

## Hammer Throw

- 50 ROMUALD KLIM
- 51 GYULA ZSIVOTZKY

## ORDER FORM

Film Loop Number	Format	Unit Price	Total
	16 mm	\$4.50	
	8 mm	\$3.40	
	Super-8	\$3.50	
Name _____		Subtotal	
Address _____		15c each post., \$1.00 max.	
City/State/Zip _____		Calif. res. add 6% tax	
		<b>TOTAL</b>	

Starting Line Sports, P.O. Box 8, Mountain View, CA 94040

# E.B. Marathon

21



It was the lightest of the popular racing shoes on the market until the Eugen Brutting Company produced an even lighter one (the incredible Sao Paulo). And unlike most shoes called "Marathon," this one actually has enough substance for the pounding of a long road race. The thick, porous sole and well-padded heel feel better than those on some heavier training flats. Some podiatrists object, however, to the cutout portion under the arch (shank), saying it collapses inward and puts unusual strain on the feet and legs. Pictures from Europe tell us the Marathon is a favorite there. But it has made little progress in the US so far.

**Shoe:** Model No. 1977. Introduced in 1973. Available in men's sizes 5½-13 (one width). Single size-nine shoe weighs 7½ ounces. Suggested October 1975 price \$34.95.

**Upper:** Suede leather. Beige with red trim. Perforated at toe for ventilation. Semi-rigid heel counter. Built-in arch support.

**Sole:** Good sole flexibility. One layer under ball of foot, 3/8ths inch. Partially cutaway shank. Heel lift 5/8ths inch. Partially rounded heel.

**Use:** Worn by 1.0% of surveyed runners for racing. Drop rate (users divided by quitters) 33%.

# Brooks Villanova

22



Companies aren't yet naming their shoes after amateur runners, the way they do after professional ballplayers. But Brooks has done the next smartest thing. Marty Liquori works for the company, and he went to school at Villanova. Get the connection? This is Brooks' newest and potentially best model. It features the "SL"-type sole with the rounded heel, and has more forefoot padding than the Adidas SL-72/76 or Puma 9190—but less heel elevation.

**Shoe:** Model No. 400. Introduced in 1974. Available in men's sizes 4-13 (one width). Single size-nine shoe weighs 10½

ounces. Suggested October 1975 price \$22.95.

**Upper:** Nylon. Blue with gold trim. Rigid heel counter. Padded upper rim with extra-high achilles pad. Removable arch cushion.

**Sole:** Two layers, outer 3/8ths inch, inner 1/4th inch. Fair sole flexibility at ball of foot. Flat shank. Heel lift 5/16ths of an inch. Rounded at heel.

**Use:** Primarily a training shoe. Issued too late to be surveyed.

# 23

## Tiger Pinto



The Pinto is the next thing to running barefoot—which is good or bad, depending on your viewpoint. The good is that the foot retains much of the freedom it was born to have. But the bad outweighs it. Under the arch, there's a collapsable bridge of open space. Inside, no arch support—not even a padded insole. Around the heel, only soft nylon with a little leather reinforcement. And yet runners willingly sacrifice protection for lightness. More *RW* reader-runners buy the Pinto than any other shoe for racing.

**Shoe:** Model No. G-9. Introduced in 1966. Available in

men's sizes 3-13 (one width). Single size-nine shoe weighs seven ounces. Suggested October 1975 price \$16.95.

**Upper:** Nylon. Blue with white trim, or red/white. Minimal heel counter. No arch support.

**Sole:** Two layers, outer 5/8ths inch, inner 1/8th inch. Good flexibility at ball of foot. "Bridge" shank. Heel lift 1/4th inch.

**Use:** Worn by 16.5% of surveyed runners for racing, 1.6% for training. Drop rate (users divided by quitters) 23%.

# 24

## N.B. Trackster III



The "Three" appeals to a certain type of runner: one who is hard to fit; one who wants a heavy-duty model for foul weather and rough terrain, and isn't particularly concerned about weight. This shoe comes in widths from double A to quadruple E and is rugged. Its ripple sole grips well on slick or loose ground, and at 14 ounces per size-nine shoe it's the bulkiest of the popular models.

**Shoe:** Introduced in 1973. Available in men's sizes 3½-AA to 15-EEEE. Single size-nine shoe weighs 14 ounces. Suggested

October 1975 price \$27.95.

**Upper:** Suede leather. Blue with red and white trim. Minimal heel counter. No arch support.

**Sole:** One layer, 3/8ths inch. Good flexibility at ball of foot. Flat shank. Heel lift 7/16ths inch.

**Use:** Worn by 2.1% of surveyed runners for training. Drop rate (users divided by quitters) 23%.



# Tiger Munich '72

# 25



Strangely, the Munich doesn't enjoy more than a fraction of the popularity of the Tiger Corsair among our readers. This despite the fact that the Munich is an improvement on the basic Corsair design. Both are white leather, and they have similar soles. But the Munich offers upgraded heel construction and weighs less. Perhaps those who like Corsair are loyal to it, and those who aren't satisfied switch to something entirely different.

**Shoe:** Model No. T-27. Introduced in 1972. Available in men's sizes 3-14 (one width). Single size-nine shoe weighs 12

ounces. Suggested October 1975 price \$27.95.

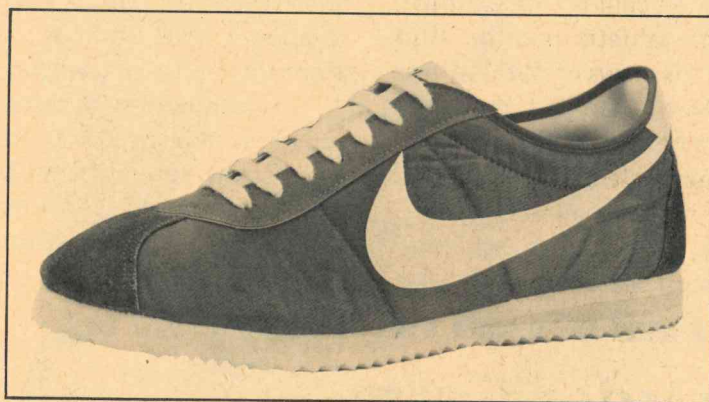
**Upper:** Standard leather. White with red trim. Rigid heel counter. Removable arch cushion.

**Sole:** Two layers, outer 3/8ths inch, inner 3/16ths inch. Fair flexibility at ball of foot. Flat shank. Heel lift 3/8ths inch.

**Use:** Worn by 1.4% of surveyed runners for training. Drop rate (users divided by quitters) zero.

# Nike Finland/Kenya

# 26



In every respect but color, these two models are identical, so we can consider them as one. At first glance, they may look quite similar to the Nylon Cortez, too. But look more closely. They don't have a rigid heel counter (heel instability is a major complaint, and perhaps a reason for the high "drop rate" of 63%). And the sole appears to have a slightly different composition—making it feel a little less flexible. At nine ounces, however, it is considerably lighter than the Cortezes and can double as a well-cushioned racing shoe.

**Shoe:** Model Nos. 2110 (Finland) and 2115 (Kenya). Avail-

able in men's sizes 3-13 (one width). Single size-nine shoe weighs 9½ ounces. Suggested October 1975 price \$22.95.

**Upper:** Nylon. Blue with white trim (Finland), red/white (Kenya). Minimal heel counter. Padded upper rim. Removable arch cushion.

**Sole:** Two layers, outer 5/16ths inch, inner 1/4th inch. Poor flexibility at ball of foot. Flat shank. Heel lift 3/8ths inch.

**Use:** Worn by 2.7% of surveyed runners for training, 1.3% for racing. Drop rate (users divided by quitters) 63%.

# 100 things your doctor never told you about running.

"At the age of reason, I was placed on a train, the shades drawn, my life's course and destination already determined. At the age of 45, I pulled the emergency cord and ran out into the world," George Sheehan begins. "It meant no less than a new life, a new course, a new destination. I was born again in my 45th year."

He found, he said, what he was designed to be—which is a distance runner and a writer on running.

Sheehan is a doctor—a heart specialist—from the New Jersey suburbs of New York City. He had practiced medicine for nearly 20 years before he began running. But until that time, he says, he'd known only disease, not health. Running taught him about total health and fitness.

He learned, from what he calls his "experiment of one," how to deal with athletic injuries. And running radically changed his views of man's physical potential at any age. More than this, though, it helped him find the person he is.

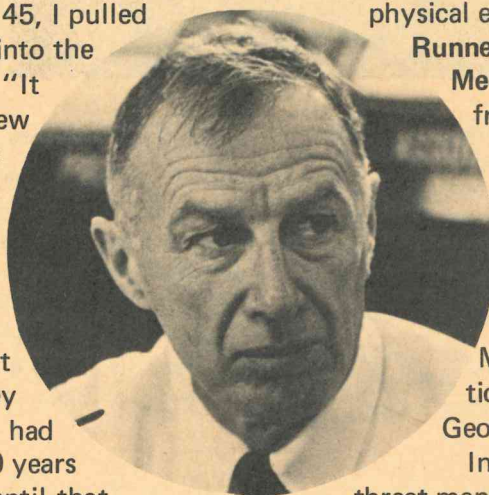
He uncovered his latent talent in this sport at 50, and set a world record in the mile for his age group. Now in his late 50s, he still races regularly—including running the Boston Marathon each year.

But his running is much more than competition. It releases the doctor's creative as well as physical energies. He has regular columns in *Runner's World* and *Physician and Sports Medicine* magazines, and is published frequently in *Sports Illustrated* and the *New York Times*. He has a weekly column in the *Red Bank (NJ) Register*, the original source of most of the essays in this book.

New York sportswriter Larry Merchant writes, "The best practicing athlete — journalist may be George Sheehan."

In sports jargon, Sheehan is a "triple threat man"—a runner, a doctor, a writer. He writes of personal lessons from sports, sifting them through his experience in all three fields. George Sheehan writes not so much for athletes who want to conquer the world as for those who want to explore the fascinating worlds inside themselves.

And now, his writings have been gathered together in a single book. *Dr. Sheehan on Running* will delight you, outrage you, make you laugh and cry, and give you plenty to think about. Published 1975, 200 pages, illustrated, \$5.95 in hardcover, \$3.50 in paperback.



## Order Form

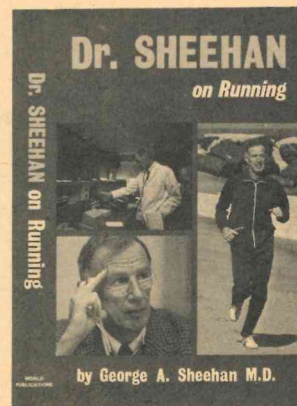
Yes! Please send me \_\_\_\_\_ copy(ies) of *Dr. Sheehan on Running*. I am enclosing (check one) [ ] \$5.95 (HB) [ ] \$3.50 (PPB). I have also included 25c per copy postage, and 6% tax (California only).

Name \_\_\_\_\_

Address \_\_\_\_\_

City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_

Runner's World, Box 366, Mountain View, CA 94040



# Adidas Olympia

# 27



Before the nylon revolution, the Olympia was a leader. It was second in popularity in 1971, but it dropped to eighth by 1973, and is now only the 19th choice as a training shoe. It's still as sturdy as anything on the road, but few runners now find the Olympic worth its weight of 13-plus ounces. Particularly now when better cushioned, more flexible shoes are available for ounces less.

**Shoe:** Model No. 3010. Introduced in 1964. Available in sizes 3½-15 (one width). Single size-nine shoe weighs 13¼

ounces. Suggested October 1975 price \$28.95.

**Upper:** Standard leather. White with black trim. Rigid heel counter. Padded upper rim with extra-high achilles pad. Removable arch cushion.

**Sole:** About one-half inch thick under ball of foot. Good sole flexibility. Flat shank. Heel lift 7/16ths inch.

**Use:** Worn by 1.1% of surveyed runners for training. Drop rate (users divided by quitters) 55%.

# Adidas Rom

# 28



Like the Italia, this one goes way back to the early 1960s. "Rom" is German for Rome, so this shoe gives an indication of the state of the shoemaking art at the time of the Olympics there. We've come a long way since the days when the choice was between an almost unpadded forefoot and one which a weightlifter couldn't bend. The Rom had the first problem, a single layer of rubber upfront, until recently. That has been corrected, but if you want a bargain shoe, try the Adidas Dragon instead. It has about the same sole.

**Shoe:** Model No. 303. Introduced in 1960. Available in

sizes 4-15 (one width). Single size-nine shoe weighs 11 ounces. Suggested October 1975 price \$23.95.

**Upper:** Standard leather. White with blue trim. Rigid heel counter. Padded upper rim. Removable arch cushion.

**Sole:** One layer under ball of foot, 5/16ths inch. Good sole flexibility. Flat shank. Heel lift 3/8ths inch.

**Use:** Worn by 1.7% of surveyed runners for training. Drop rate (users divided by quitters) 59%.

# 29

## Tiger Corsair



The Corsair has thousands of loyal wearers who've stuck with it since the 1960s, when it was one of the few good models available. The selection has improved tremendously, though, and the Corsair no longer is in sight of the quality leaders. It is a leather shoe in a largely nylon field. It lacks a solid heel counter while most others are rigid. It is bulky and has to compete with lightweights. Sadly, the reliable old shoe is outclassed—in everything but sales. (Tiger is now offering a suede Corsair which is quite similar to the Montreal.)

**Shoe:** Model No. T-24. Introduced in 1964. Available in

men's sizes 3-14 (one width). Single size-nine shoe weighs 13 ounces. Suggested October 1975 price \$25.95.

**Upper:** Standard Leather. White with red and blue trim. Minimal heel counter. Removable arch cushion.

**Sole:** Two layers, outer 3/8ths inch, inner 3/16ths inch. Fair flexibility at ball of foot. Flat shank. Heel lift 3/8ths inch.

**Use:** Worn by 7.9% of surveyed runners for training. Drop rate (users divided by quitters) 65%.

# 30

## Nike Marathon



Nike's Marathon—along with the Tiger Pinto—is a minimal shoe. The two of them tie for the lowest cost among the leading models. The only significant difference between them is that Nike has a padded insole, Tiger doesn't. The comments on the Pinto, many of them negative, apply equally here. Shank and heel counter are the main weaknesses. But for unknown reasons, the Pinto is first in popularity while the Marathon is well down the list with fewer than one-fourth as many wearers.

**Shoe:** Model Nos. 2045 (blue) and 2050 (red). Available in

men's sizes 3-13 (one width). Single size-nine shoe weighs eight ounces. Suggested October 1975 price \$16.95.

**Upper:** Nylon. Blue with white trim, or red/white. Minimal heel counter. No arch support.

**Sole:** Two layers, outer 1/4th inch, inner 1/8th inch. Good flexibility at ball of foot. "Bridge" shank. Heel lift 1/4th inch.

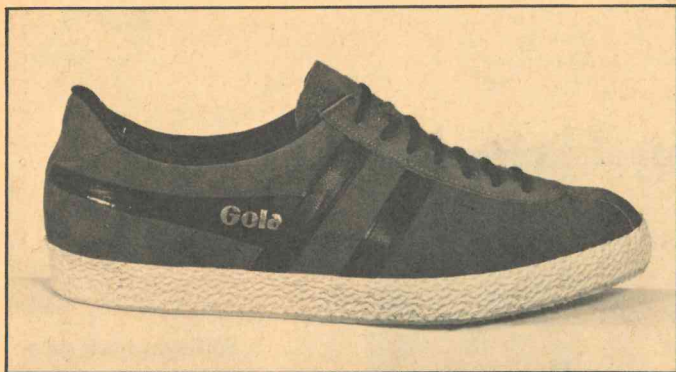
**Use:** Worn by 4.0% of surveyed runners for racing. Drop rate (users divided by quitters) 58%.

# Surveying the Running Flats Market

Shoe (Model No.)	Upper	Colors	Sizes	Price	Comments
<b>ADIDAS</b>					
Antelope (3080)	Leather	White/red-blue	--	--	
Arrow (5113)	Nylon	Blue/white	--	--	Spikeless track shoe
Cadet (A-1106)	Leather	White/red-blue	C. 10-M. 14	\$14.95	Child's sizes
Country (AC-1175)	Leather	White/green	M. 5-14	\$27.95	See previous section
Dragon (3330)	Nylon	Blue/white	C. 12-M.15	\$20.95	See previous section
Gazelle (3110-3210)	Suede	Blue or red	M. 5-14	\$28.95	See previous section
Italia (3020)	Leather	White/green	M. 3½-15	--	See previous section
Marathon (7091)	Suede	Blue/white	M. 3½-15	\$37.50	See previous section
Munchen (3480-3490)	Suede	Green or blue	--	--	Ventilated toe area
Olympia (3010)	Leather	White/black	M. 3½-15	\$28.95	See previous section
Rom (3030)	Leather	White/blue	M. 4-14	\$23.95	See previous section
Romy (3015)	Leather	White/yellow	W. 4-10	\$23.95	Women's sizes
SL-72 (3470)	Nylon	Blue/white	M. 3½-15	\$29.95	See previous section
SL-76 (3473)	Nylon	Green/yellow	M. 3½-15	\$29.95	See previous section
Sporty (3350)	Leather	White/blue	W. 2-10	\$27.95	Women's sizes
Stockholm (3140)	Suede	Blue/yellow	M. 5-13	\$25.95	
Varsity (3310-3311)	Suede	Blue or red	M. 1-14	\$19.95	Low-cost model
Vienna (3040)	Leather	White/red	M. 1-14	\$18.95	Low-cost model
<b>BROOKS</b>					
American (295)	Leather	White/green	M. 4-13	\$21.95	See previous section
Drake (270)	Nylon	6 combinations	M. 1-13	\$18.95	See previous section
Kansas (260)	Leather	White/blue	M. 4-13	--	
Penn (280)	Leather	White/red-blue	M. 4-13	--	
Texan (250)	Nylon or suede	Blue/white	M. 4-13	\$16.95	Light racing model
Vassar (210)	Nylon	Yellow/white	W. 4-10	--	Women's sizes
Villanova (400)	Nylon	Blue/gold	M. 4-13	\$22.95	See previous section
Wellesley (211)	Leather	White/blue	W. 4-10	--	Women's sizes
<b>E.B. SPORT INTERNATIONAL</b>					
Champion (1140)	Nylon	White/blue	M. 5½-13	\$29.95	Top E.B. nylon shoe
Junior (1810)	Nylon	Blue/red-white	M. 5½-13	\$18.95	New low-cost model
Lydiard Road Runner (1130)	Suede	Beige/red	M. 5½-13	\$34.95	See previous section
Marathon (1977)	Suede	Beige/red	M. 5½-13	\$34.95	See previous section
Sao Paulo (1919)	Suede	Blue/white	M. 5½-13	\$37.95	Lightest racing shoe
Spurt (1144)	Suede	Blue/red-green	M. 5½-13	\$24.95	
<b>ECONO-JET</b>					
Hondo II	Nylon	Blue/white	M. 7-13	\$9.95	Lowest Cost
Wings	Canvas	Red or blue	M. 8-13	\$9.95	Lowest cost
<b>GOLA</b>					
Harrier (2250)	Leather	Blue/white	M. 6-13	\$15.00	Low-cost model
Trainer (22565)	Suede	Orange/black	M. 6-13	\$20.00	
<b>KARHU</b>					
Marathon (2239-2240)	Lea. or suede	White or red	M. 3-13	\$18.95	Low-cost model
Trampas (24-)	Suede	7 choices	M. 1-13	\$17.95	Low-cost model
2232	Suede	Red/white	--	\$17.95	Spikeless track shoe

(continued on page 52)

## Running Flats (cont'd)

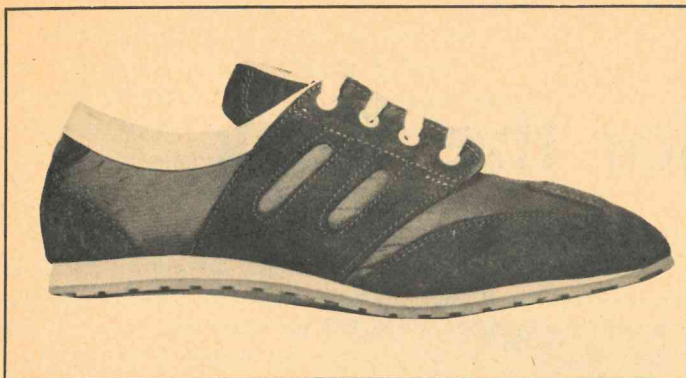


*Gola Trainer*



*E.B. Sport International Sao Paulo*

Shoe (Model No.)	Upper	Colors	Sizes	Price	Comments
2302	Leather	White/blue	M. 1-13	\$18.50	Low-cost model
2310	Leather	White/red	M. 5-13	\$21.95	
2312	Suede	Gold/black	M. 2½-13	\$17.95	Low-cost model
2314	Suede	Blue/white	M. 1-13	\$18.50	Low-cost model
2320	Suede	Blue/white	M. 1-13	--	
2322-2323	Nylon	Blue or orange	M. 5-13	\$25.95	See previous section
2326	Suede	Blue/white	M. 2½-13	\$17.95	Low-cost model
<b>MEDALIST</b>					
275	Leather	White/blue	M. 3-13	\$23.90	
375	Suede	Red or blue	M. 3-13	\$23.90	
475-575	Nylon	Blue or yellow	M. 3-13	\$23.90	
<b>NEW BALANCE</b> (* available in widths AA-EEEE)					
Competition	Nylon	Blue/blue-white	M. 3½-15*	\$17.50	Racing shoe
Interval 3:05	Nylon	Blue/blue-white	M. 3½-15*	\$23.95	See previous section
Speedster	Nylon	Blue/red-white	M. 3½-15*	\$19.95	See previous section
Trackster III	Suede	Blue/red-white	M. 3½-15*	\$27.95	See previous section
2:05	Suede	Green/green	M. 3½-15*	\$20.95	
<b>NIKE</b>					
Boston '73 (2420)	Nylon	Blue/white-gray	M. 3-13	\$21.95	See previous section
Cortez/Leather (2180-84)	Lea. or sue.	White or blue	M. 3-13	\$27.95	See previous section
Cortez/Nylon (2135)	Nylon	Blue/white	M. 3-13	\$24.95	See previous section
Cortez Senorita (2140)	Nylon	Blue/white	W. 4-10	\$24.95	Women's sizes
Cross-Country (2025)	Canvas	White/blue	M. 3-13	\$10.95	Low-cost model
Finland Blue (2110)	Nylon	Blue/white	M. 3-13	\$22.95	See previous section
Kenya Red (2115)	Nylon	Red/white	M. 3-13	\$22.95	See previous section
Marathon (2045-2050)	Nylon	Blue or red	M. 3-13	\$16.95	See previous section
Oregon Waffle (2230)	Nylon	Yellow/green	M. 3-13	\$24.95	See previous section
Road Runner	Nylon	Green/blue-yellow	M. 3-13	\$19.95	See previous section
Waffle Trainer (2235)	Nylon	Red/white	M. 3-13	\$27.95	Waffle sole
<b>PATRICK</b>					
Athena (11640)	Nylon	4 combinations	M. & W.	\$25.00	Women's sizes
Sao Paulo (11641)	Nylon	Blue or white	M. & W.	\$27.50	Women's sizes
<b>POINT-FOUR</b>					
American (83N4)	Leather	White	M. 3-13		Available early '76
Comfort-Plus (9310)	Nylon	White	M. 6-13	\$25.95	Training Shoe



*New Balance Competition*



*Patrick Sao Paulo*

Shoe (Model No.)	Upper	Colors	Sizes	Price	Comments
Moscow 80 (9380-9311)	Nylon	Blue or gold	M. 2½-15	\$23.95	Training Shoe
Sting (91MO)	Nylon	White/tan	M. 6-13	\$22.95	Racing shoe
<b>PUMA</b>					
All-Around (114)	Leather	White/blue-red	M. 3-13	--	
Crack (9162-9163)	Suede	Blue or red	M. 3-14	--	
Fit (105)	Leather	White/black	C. 12-M.12	--	Child's sizes
Warmup (165)	Leather	White/blue	M. 3-14	--	
9190	Nylon	3 combinations	M. 3-14	\$28.00	See previous section
9213	Leather	White/green-blue	M. 5-14	--	
<b>REEBOK</b>					
Cougar (4-70)	Nylon	Blue/white	M. 4-12	\$24.95	Top Reebok nylon
Fab-Road (R-400)	Suede	Tan/orange	M. 4-12	\$17.00	Low-cost model
Marathon (R-430)	Leather	White/blue-red	M. 6-12	\$24.95	Racing shoe
Tendo II (R-450)	Suede	Gold/black	M. 6-12	\$22.00	Training shoe
<b>SPEED SHOES</b> (* available in widths A-EEE)					
Racers (1)	Nylon	Red/white	M. 5-13*	\$18.00	Low-cost model
Trainers (2)	Nylon	Red/white	M. 5-13*	\$20.00	
<b>TIGER</b>					
Bangkok (T-21)	Suede	Blue/white	M. 2-13	\$18.95	Low-cost model
Corsair (T-24)	Leather	White/red-blue	M. 3-14	\$25.95	See previous section
Harrier (G-8)	Nylon	White/blue-red	M. 2-13	--	Similar to Pinto
Jayhawk (G-5)	Nylon	Gold/blue	M. 4-13	\$21.95	See previous section
Monterrey (T-4)	Suede	Red or blue	M. 2-13	\$25.95	
Montreal '76 (T-28)	Nylon	Red or blue	M. 3-14	\$23.95	See previous section
Munich '72 (T-27)	Leather	White/red	M. 3-14	\$27.95	See previous section
Nairobi (T-26)	Nylon	Blue/white	M. 3-13	\$19.95	See previous section
Ohbori (G-7)	Nylon	Blue/gold	M. 6-13	\$26.95	Track shoe style
Pinto (G-9)	Nylon	Blue or red	M. 3-13	\$16.95	See previous section
Race Walker (G-16)	Nylon	White/red-blue	M. 3-13	--	Top walking model
Ripple	Lea. or ny.	--	--	--	New model
Semi-ripple	Leather	White	--	--	New model
Torino (T-19)	Leather	White/black	M. 2-13	\$15.95	Low-cost model
Vickka II(T-6)	Leather	White/red-blue	M. 3-13	\$24.95	
Walking (G-14)	Leather	White/red-blue	M. 4-13	--	Race walking
Warrior (T-22)	Leather	White/red-blue	M. 3-13	--	

# Spiked Shoes for the Track

Spikes are made for digging in, for pulling oneself up to top speed in a hurry, then reaching out and grabbing the ground in long, up-on-the-toes strides. Sprinting, in other words. Spikes have traditionally been sprinters' shoes.

Until recent years, distance runners who raced on the track were forced to live with this sprinting bias in shoes. They had to wear spikes which didn't truly suit their action. Distance runners don't dig out of the blocks, but accelerate gently. They don't stab at the ground but lay back on their heels and float along. Yet they've worn shoes with spikes far forward and with no support under, in back of or on top of the heels—shoes which force them to run unnaturally.

Now that is changing, slowly. The more acceptable new models look much like the flats distance runners are used to wearing. They have elevated heels, rigid heel counters and padding on the upper rim. Nylon uppers are gaining the kind of popularity they've had in flats for five years.

One feature of spikes hasn't changed, though, since we've been surveying runners. Adidas still overwhelmingly dominates the market we serve. The German company produces eight of the 13 models worn by 1% or more of our readers. Puma has a large share of sprint and field event sales, we're told, but it didn't put one shoe among our distance leaders.

We added one Puma model and one from E.B. Sport International to our analysis of the following eight features:

● **Price.** Whether the product is bicycles, bikinis or track \$38.50. Spiked shoes, as a rule, cost \$10 more than flats. most, partly because there's a trick to making minimal shoes which don't fly apart at the slightest provocation. Two of the leading models, the Adidas Spider and Adidas Sprint, both weigh less than six ounces per shoe. They cost \$43.50 and \$38.50. Spiked shoes, as a rule, cost \$10 more than flats.

*A = under \$20.  
B = \$20.29.  
C = \$30 and up.*

● **Popularity.** At these prices, few distance runners in our survey own more than one pair of spikes. They generally save them for racing, so we only checked on use for that purpose.

The top 10: (1) Adidas Tokyo; (2) Tiger Colosseum; (3) Adidas Interval; (4) Nike Americas; (5) Adidas Titan; (6) Nike Pre-Montreal; (7) Adidas Saturn; (8) Nike Intervalle; (9) Adidas Jet; (10) Adidas Spider.

*A = worn by 10% or more of surveyed runners. B = 5-9%. C = under 5%.*

● **Upper Softness.** Blistering is a vital concern of runners going from several minutes to a half-hour or more on a track, rounding numerous turns at high speed. The stiffer the upper, the more danger of irritation. Nylon—a later arrival in spikes than flats—stays softest.

*A = nylon uppers.  
B = suede leather.*

*C = standard leather.*

● **Spike Plate.** The spikes obviously are put on the shoes for traction. So it seems to make sense that superior traction equals superior shoes. Six spikes are better than four. A spike plate with a "claw" or cross-hatched design is better than a smooth one. Remember, though, that some of the spike plates are designed for Tartan-like tracks and may tear up quickly on harder or rougher surfaces.

*A = 6-7 spikes on a "claw" plate.  
B = six spikes, standard plate.  
C = four spikes.*

● **Heel Lift.** In any race longer than a half-mile, the foot-plant is flat or heel-first. A runner accustomed to an elevated heel on street shoes or training flats takes a terrific pulling and pounding in flat-bottomed spikes. The danger of achilles tendon and other foot-leg damage is high when a susceptible athlete has maximum stretch at maximum speed. A separate, solid heel gives protection.

*A = full lift from ball of foot to back of shoe.  
B = partial lift (general covering heel only).  
C = no heel.*

● **Heel Counter.** As with training flats, rigidity around the back of the shoe gives heel stability to an area taking several hundred pounds of impact force. Most flats are well-supported here. Many spikes are still not. Again, the distance runner suffers most for this.

*A = full counter.  
B = partial or semi-rigid counter.  
C = minimal or no counter.*

● **Achilles Tendon Padding.** A third area of heel protection in which the spikes have been notoriously weak. Runners take this padded rim for granted in their training shoes and shouldn't have to give it up to race.

*A = fully padded achilles area.  
C = no padding on upper rim.*

● **Weight.** We're getting down to hair-splitting differences now, since few spikes weigh less than five ounces or more than seven. In other words, the heaviest of them weigh less than most racing flats.

*A = five ounces or less per size-nine shoe.  
B = six ounces.  
C = seven ounces or more.*

● **Overall Rating.** Score one point for each "A" or good mark, two for "B" (fair) and three for "C" (poor). Theoretically, the lower the score, the better the shoe in terms of all-round quality. We've ranked 15 models according to these standards. Again, a reminder that the differences among them are quite often minor, and that a lower rating doesn't necessarily mean that a shoe is substandard. These are the finalists from a field of more than 50.



## TOP 15 MODELS OF SPIKES

1. Adidas Jet
2. Tiger Spartan-B
3. Adidas Sprint
4. Puma Nylon
5. Adidas Spider
6. Nike Pre-Montreal
7. Nike Intervalle
8. Nike Americas
9. Adidas Titan
10. E. B. Sprint
11. Adidas Interval
12. Adidas Tokyo
13. Tiger Colosseum
14. Adidas Saturn
15. Adidas Avanti

Rankings are based on the eight factors described above. "A" ratings are worth one point, "B" gives two and "C" three. Lowest scores equal highest ratings. Shoes with more "C" ratings are penalized in cases of ties.



John Marconi photo

## Report Card on the Top 15 Spikes

Shoe Brand and Model	Retail Price	Number of Users	Upper Softness	Spike Plate	Heel Lift	Heel Counter	Achilles Padding	Shoe Weight
Adidas Avanti	A	C	C	C	C	C	C	B
Adidas Interval	C	B	C	C	A	A	A	C
Adidas Jet	B	C	A	A	A	B	C	A
Adidas Saturn	B	C	B	C	C	C	A	C
Adidas Spider	C	C	B	A	C	A	A	A
Adidas Sprint	C	C	A	A	C	A	A	A
Adidas Titan	C	B	B	B	C	B	A	B
Adidas Tokyo	C	A	B	C	C	C	A	B
E.B. Sprint	B	C	B	B	A	B	C	A
Nike Americas	B	B	A	C	C	C	A	B
Nike Intervalle	B	C	A	C	A	C	A	B
Nike Pre-Montreal	C	B	A	B	B	C	A	A
Puma Nylon	C	C	A	A	C	A	A	A
Tiger Colosseum	B	B	A	C	C	C	C	A
Tiger Spartan-B	C	C	A	A	B	A	A	B

With two exceptions (the E.B. Sprint and Puma Nylon), the shoes included here are those worn by 1% or more of the runners surveyed by *Runner's World*. The rating system is explained in the accompanying text. Each shoe is analyzed individually, starting on next page.

1

## Adidas Jet



The Jet has about everything a track runner could want in his or her spikes—except perhaps a padded achilles tendon protector and full heel counter. This shoe combines nylon uppers, a substantial heel lift, seven-spiked forefoot and extremely low price (by Adidas standards) in such a way that we rate it ahead of all the other models tested.

**Shoe:** Model No. 5112. Introduced in 1974. Available in men's sizes 5-14. Single size-nine shoe weighs 5-3/4 ounces.

Suggested October 1975 price \$20.95.

**Upper:** Nylon. Blue with white trim. No padding at upper rim. Partial heel counter.

**Sole:** Seven spikes on rough plastic plate. Separate heel lift extended from ball of foot.

**Use:** Worn by 3.9% of surveyed runners.

2

## Tiger Spartan-B



Tiger departed radically from its traditional designs last year—first producing the Jayhawk flat and then the Spartan-B spike. The two models are nearly identical in color and construction above the sole, indicating again that the gap between road and track shoes is narrowing. The Spartan-B features a good heel from top to bottom. But its price is considerably higher than other Tigers.

**Shoe:** Model No. G-33. Introduced in 1974. Available in

men's sizes 4-13. Single size-nine shoe weighs six ounces. Suggested October 1975 price \$34.95.

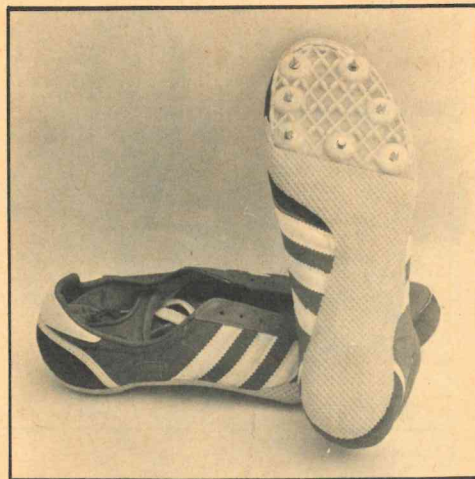
**Upper:** Nylon. Yellow with blue trim. Padded achilles tendon area. Full heel counter.

**Sole:** Seven spikes on rough plastic plate. Separate heel lift.

**Use:** Worn by 1.6% of surveyed runners.

# Adidas Sprint

3



This is a more expensive (\$18 more)—and in our view inferior—version of the Jet. Inferior for distance running, at any rate. The Sprint basically is the same nylon shoe as the Jet, with a padded upper rim but without the heel lift. It reflects the long-standing sprinting bias all the way up to the name printed on the side.

**Shoe:** Model No. 5100. Introduced in 1972. Available in

men's sizes 6-13. Single size-nine shoe weighs five ounces. Suggested October 1975 price \$38.50.

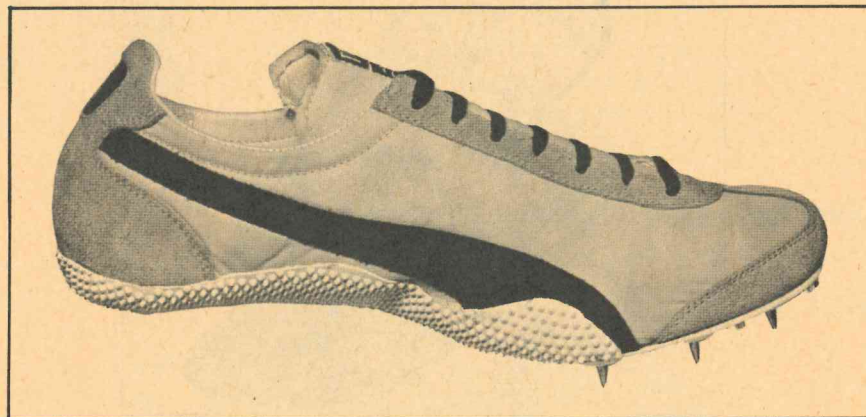
**Upper:** Nylon. Blue with white trim. Padded achilles tendon area. Full heel counter.

**Sole:** Seven spikes on rough plastic plate. No heel lift.

**Use:** Worn by 1.3% of surveyed runners.

# Puma Nylon

4



Actually, the Puma Nylon didn't show up at all in our survey of spike popularity. But we thought it belonged with the leaders. In every respect except heel lift, it is a sound shoe—Puma's answer to the Adidas Sprint. This is the only nylon spiked shoe in Puma's extensive line.

**Shoe:** Model No. 9283G. Available in men's sizes 7-14. Single size-nine shoe weighs 5½ ounces. Suggested October 1975

price about \$35.

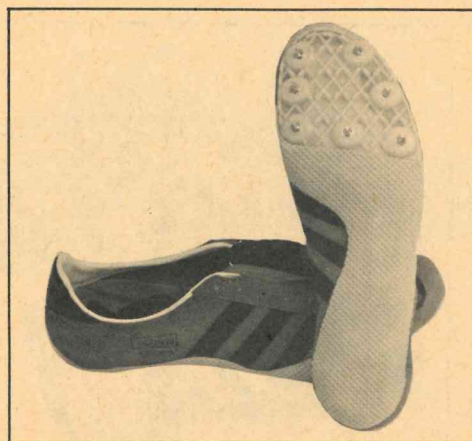
**Upper:** Nylon. Yellow with black trim. Padded achilles tendon area. Full heel counter.

**Sole:** Six spikes on rough plastic plate. No heel lift.

**Use:** Worn by less than 1% of surveyed runners.

# 5

## Adidas Spider



For all practical purposes, the Spider is a Sprint of a different color and texture. The Spider comes in green suede, and that material pushes the cost to \$43.50—highest of any popular model. It also weighs somewhat more than the nylon Sprint, without offering any more elevation under the heel. The Spider, too, is a sprint shoe.

**Shoe:** Model No. 5080. Introduced in 1972. Available in

men's sizes 6-13. Single size-nine shoe weighs 5-3/4 ounces. Suggested October 1975 price \$43.50.

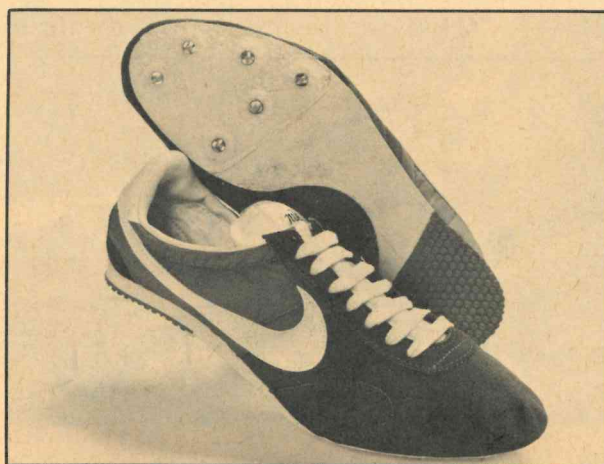
**Upper:** Suede leather. Green with black trim. Padded achilles tendon area. Full heel counter.

**Sole:** Seven spikes on rough plastic plate. No heel lift.

**Use:** Worn by 3.0% of surveyed runners.

# 6

## Nike Pre-Montreal



The design is unique—and striking. The front half of the shoe is blue suede. The rear is red nylon with white decorations. The only factor separating the Pre-Montreal from higher rated models is the entire heel area. It's slightly less solid in the Nike. The nearly \$40 cost is also steep from a company known for its reasonable prices.

**Shoe:** Model No. 2870. Available in men's sizes 5-13. Single

size-nine shoe weighs 5½ ounces. Suggested October 1975 price \$39.95.

**Upper:** Nylon and suede leather. Blue and red with white trim. Padded achilles tendon area. Minimal heel counter.

**Sole:** Six spikes on nearly smooth plastic plate. Separate heel lift.

**Use:** Worn by 5.2% of surveyed runners.

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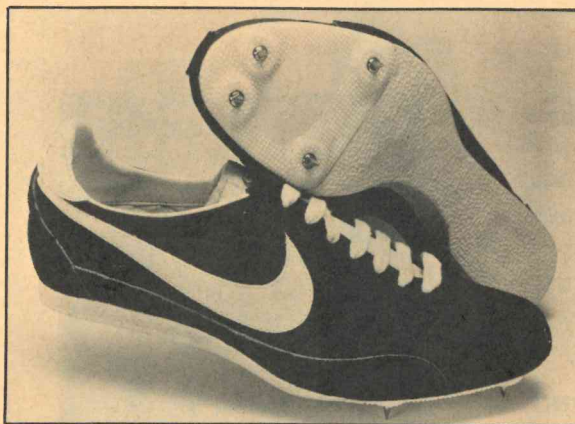
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7

## Nike Intervalle



Four companies—Adidas, Puma, E.B. Sport International and Nike—make a spike called Interval (or Intervall, or Intervalle). Nikes measure up best, largely because of the nylon upper (the others are leather) and lighter weight. Although the name of the shoe has training connotations, it can be worn for racing—particularly in the heavy going of cross-country.

**Shoe:** Model No. 2850. Available in men's sizes 3-13. Sin-

gle size-nine shoe weighs 6½ ounces. Suggested October 1975 price \$26.95.

**Upper:** Nylon. Blue with white trim. Padded achilles tendon area. Minimal heel counter.

**Sole:** Four spikes on nearly smooth plate. Separate heel lift.

**Use:** Worn by 4.3% of surveyed runners.

8

## Nike Americas



Among our audience, this is the best-selling Nike spike. Runners seem to like its nylon upper. The heel area has an obvious weakness—softness in the “counter” area. But the shoe does have a hidden heel lift of about a quarter of an inch sealed beneath an outer strip of rubber. Not as effective as a full heel, perhaps, but better than nothing.

**Shoe:** Model No. 2830. Available in men's sizes 3-13. Single

size-nine shoe weighs 6½ ounces. Suggested October 1975 price \$29.95.

**Upper:** Nylon. Red with white and blue trim. Padded achilles tendon area. Minimal heel counter.

**Sole:** Four spikes on nearly smooth plate. Slight built-in heel lift.

**Use:** Worn by 6.9% of surveyed runners.

# Adidas Titan

9



Frankly, \$42 is too much for a financially hard-pressed distance runner to spend on a rarely-used shoe. The Titan has too many minuses to make it a good investment: no heel lift, weak heel counter, more weight than comparably-priced models. It's a sprint shoe, and even a sprinter may be better off in the Adidas Sprint.

**Shoe:** Model No. 5510. Introduced in 1968. Available in

men's sizes 5-13. Single size-nine shoe weighs 6½ ounces. Suggested October 1975 price \$41.95.

**Upper:** Suede leather. Red with white trim. Padded achilles tendon area. Partial heel counter.

**Sole:** Six spikes, suction-cup rubber base. No heel lift.

**Use:** Worn by 6.5% of surveyed runners.

# E.B. Sprint

10



We think the E.B. Sport International people made a tactical error in naming this shoe. They call it the Sprint, but its main feature is something sprinters don't need—a full heel. The E.B. model has as good a heel lift as any we've seen, and appears for that reason to be better suited to distance running. It does, however, lack padding and support in the upper heel.

**Shoe:** Model No. 1533. Introduced in 1975. Available in

men's sizes 5½-13. Single size-nine shoe weighs 5½ ounces. Suggested October 1975 price \$29.95.

**Upper:** Suede leather. Blue with red trim. No padding at upper rim. Partial heel counter.

**Sole:** Six spikes, rubber base. Heel lift extending to ball of foot.

**Use:** Issued too late to be surveyed.

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# Adidas Interval

11



The original well-heeled spiked shoe has weathered 11 years of hard use and still stands out in popularity figures. Only two models are worn by more of our readers. Without question, the Interval offers the best support of all spikes. But at 7½ ounces per shoe, it also is the heaviest. Few runners would want to race in anything this bulky.

**Shoe:** Model No. 5070. Introduced in 1964, Available in men's sizes 5-13. Single size-nine shoe weighs 7½ ounces. Sug-

gested October 1975 price \$31.95.

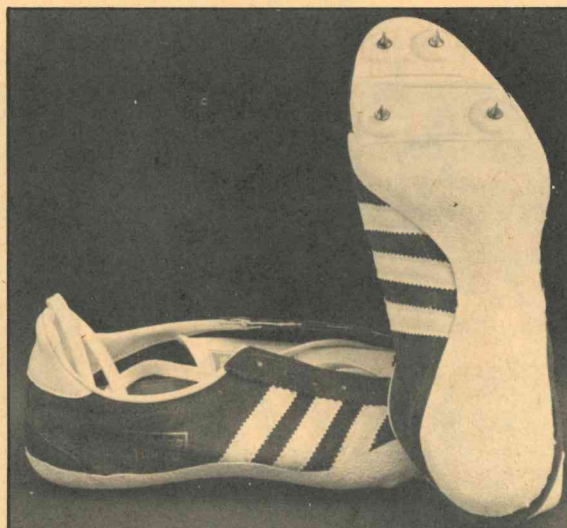
**Upper:** Standard leather. White with black trim. Padded achilles tendon area. Full heel counter.

**Sole:** Four spikes on smooth plastic plate. Heel lift extending to ball of foot.

**Use:** Worn by 6.9% of surveyed runners.

# Adidas Tokyo

12



The Tokyo has a tradition going back to the 1964 Olympics (for which it was named). At the time, it was the best available shoe. Others have passed it in quality since then, but none has yet come close in popularity. One in every eight of the runners we surveyed wears Tokyos—despite the lack of heel support.

**Shoe:** Model No. 5010. Introduced in 1964. Available in

men's sizes 4-15. Single size-nine shoe weighs six ounces. Suggested October 1975 price \$39.95.

**Upper:** Suede leather. Blue with white trim. Padded achilles tendon area. Minimal heel counter.

**Sole:** Four spikes on smooth plastic plate. No heel lift.

**Use:** Worn by 12.1% of surveyed runners.

# 13

## Tiger Colosseum



As in flats, Tiger pioneered nylon uppers in spiked shoes eight years ago. The first nylon spike was the Colosseum (known until recently as the Olympiad). After the lightweight upper, though, the shoe goes downhill quickly. The heel area, for instance, has none of the three ingredients important to distance runners: heel lift, counter and upper rim padding.

**Shoe:** Model No. G-29. Introduced in 1967. Available in

men's sizes 3-13. Single size-nine shoe weighs 5½ ounces. Suggested October 1975 price \$22.95.

**Upper:** Nylon. Blue or red with white trim. No padding at upper rim. Minimal heel counter.

**Sole:** Four spikes on smooth plastic plate. No heel lift.

**Use:** Worn by 7.2% of surveyed runners.

# 14

## Adidas Saturn



The Saturn looks on top like a lower-cost cousin to the Adidas Titan. Suede upper, similar heel construction, etc. On the bottom, it has a basic four-spike layout and no significant heel lift. Like the Titan, the Saturn also is rather heavy. Adidas offers many better shoes, but not many cheaper ones.

**Shoes:** Model No. 5040. Introduced in 1970. Available in

men's sizes 1-14. Single size-nine shoe weighs seven ounces. Suggested October 1975 price \$26.95.

**Upper:** Suede leather. Blue or red with white trim. Padded achilles tendon area. Minimal heel counter.

**Sole:** Four spikes on smooth plastic plate. No heel lift.

**Use:** Worn by 4.6% of surveyed runners.

# Adidas Avanti

# 15



It's a budget shoe—and cost seems to be a deciding factor for a rather large number of buyers. At about \$16, the Avanti corners a fair share of the market. But there's little else to recommend it. The upper is standard leather, and there is little in the heel area to protect the foot either from the shoe or the ground.

**Shoe:** Model No. AE 101-4. Introduced in 1972. Available

in child's size 13 to men's 15. Single size-nine shoe weighs 6½ ounces. Suggested October 1975 price \$15.95.

**Upper:** Standard leather. Blue with white trim. No padding at upper rim. Minimal heel counter.

**Sole:** Four spikes on smooth plastic plate. No heel lift.

**Use:** Worn by 3.0% of surveyed runners.

## Surveying the Racing Spikes Market

Shoe (Model No.)	Upper	Colors	Sizes	Price	Comments
<b>ADIDAS</b>					
Avanti (AE-1014)	Leather	Blue/white	M. 1-14	\$15.95	Low-cost model
Comet (5050)	Leather	White/blue	M. 5-15	\$22.95	
Interval (5070)	Leather	White/black	M. 5-13	\$31.95	See previous section
Jet (5112)	Nylon	Blue/white	M. 5-14	\$20.95	See previous section
Okapi (AE-1519)	Suede	Green/white	W. 2½-11	\$18.95	Women's sizes
Quebec (AE-1289)	Leather	White/green	M. 5-13	\$18.95	Low-cost model
Saturn (5040-5041)	Suede	Red or blue	M. 1-14	\$26.95	See previous section
Spider (5080)	Suede	Green/black	M. 6-13	\$43.50	See previous section
Sprint (5100)	Nylon	Blue/white	M. 6-13	\$38.50	See previous section
Titan (5510)	Suede	Red/white	M. 5-13	\$41.95	See previous section
Tokyo (5010)	Suede	Blue/white	M. 4-15	\$39.95	See previous section
<b>BROOKS</b>					
212	Leather	Many choices	W. 4-10	--	Women's sizes
220	Leather	White/red-blue	M. 4-13	--	
235-238-239	Lea. or sue.	3 choices	M. 4-13	--	
236	Nylon	3 choices	M. 4-13	--	
237	Nylon	Blue/white	M. 4-13	--	

(continued on page 67)

Ron Hill, 1974's 1st place winner 2:17:23



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## Racing Spikes (cont'd)

Shoe (Model No.)	Upper	Colors	Sizes	Price	Comments
<b>E. B. SPORT INTERNATIONAL</b>					
Intervall (1575)	Suede	White/green	M. 5½-13	\$35.95	Good heel
Munich (1572)	Suede	Red/white	M. 5½-13	\$41.95	
Sprint (1533)	Suede	Blue/red	M. 5½-13	\$29.95	See previous section
<b>KARHU</b>					
2201	Suede	Red/white	--	--	
2210	Suede	Red/white	M. 3-13	\$21.95	Slight heel
2211	Leather	Red/white	--	--	
2213-2214	Nylon	White/orange	--	--	Good heel
2306	Suede	Blue/white	M. 1-13	--	Resembles a flat
<b>NIKE</b>					
Americas (2830)	Nylon	Red/white	M. 3-13	\$29.95	See previous section
Canada Quick-4 (2840)	Suede	Blue/white	M. 3-13	\$22.95	
Intervalle (2850)	Nylon	Blue/white	M. 3-13	\$26.95	See previous section
Pan-Am	Leather	White/blue	M. 3-13	\$19.95	Low-cost model
Pre-Montreal (2870)	Ny./lea.	Blue-red	M. 3-13	\$39.95	See previous section
<b>PATRICK</b>					
Blue Star (563810)	Leather	Blue/white	--	--	
Colombia (564705)	Nylon	Gold/black	--	--	
Jet (564708)	Nylon	Green/white	--	--	
Silver (564110)	Suede	Silver/red	--	--	
Sprint (564706)	Nylon	White/red	--	--	
Track (63510)	Canvas	Blue	--	--	
<b>POINT-FOUR</b>					
Liberty '76 (7269)	Nylon/lea.	--	M. 4-13	\$28.95	Good heel
1:45.4 (9242)	Nylon/lea.	--	M. 2-13	\$22.95	Good heel
<b>PUMA</b>					
Blitz (9202)	Leather	White/red	M. 3-14	--	
Collegiate (9225)	Leather	White/blue	M. 4-14	--	
Girls' (9221)	Leather	White	W. 3-10	--	Women's sizes
Interval Cross-Country (248)	Leather	White/black	M. 6-13	--	Good heel
Lady (9220)	Suede	Red/white	W. 4-10	--	Women's sizes
New Collegiate (9226)	Leather	White/blue	M. & W.	--	Women's sizes
Nylon (9283G)	Nylon	Yellow/black	M. 7-14	--	See previous section
Special (9230)	Suede	Blue/white	M. 5-14	--	
Super (9235)	Suede	Green/blue	M. 6-14	--	
University II (9231)	Suede	Blue/white	M. 5-14	--	
9285N	Suede	Blue/green	M. 6-14	--	
9295B-R-N	Suede	3 choices	M. 6-14	--	
<b>REEBOK</b>					
Fab-Track (A-100)	Suede	Tan	M. 4-12	\$19.80	Low-cost model
Tristar (A-140)	Suede	Blue/white	M. 6-12	\$22.00	
Universe (A-150)	Leather	White/blue	--	--	Good heel
<b>TIGER</b>					
Colosseum (G-29)	Nylon	Red or blue	M. 3-13	\$22.95	See previous section
Helsinki (G-30)	Suede	Blue/white	M. 2-13	\$25.95	
Mexico (G-22)	Leather	Maroon/white	M. 2-13	--	
Roma (G-31)	Leather	White/red-blue	M. 2-13	\$23.95	
Spartan-A (G-34)	Nylon	Yellow/blue	M. 3-13	--	"B" without heel
Spartan-B (G-33)	Nylon	Yellow/blue	M. 3-13	\$34.95	See previous section

# Shoes for Special Conditions

Shoemakers are, above all, businessmen. They have to turn a profit or they serve no one—not themselves or their buyers. We understand that much about economies, and can appreciate that they must go where the money is.

Running shoemakers work with normals and averages. Most runners are men. Most of the men are mature and have average-sized feet. Most of them run most of the time on tracks or roads. The shoes reflect these norms.

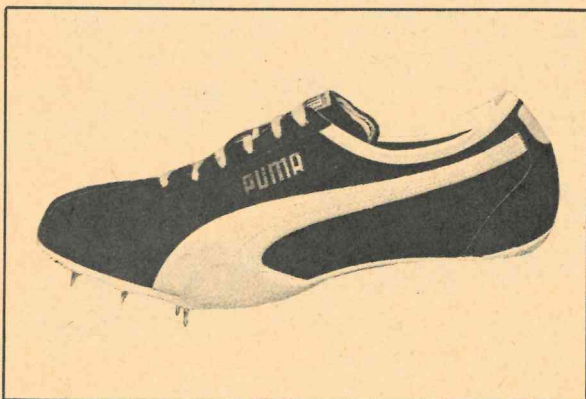
If you're a grown-up male runner, easy to fit, and you race and train on roads-tracks, chances are you're fairly happy with the selection of shoes. But the young, the female, the race walker, the country-crosser have to look much harder for acceptable models.

The reason comes back to business. Fewer people have these special needs and interests, meaning there are fewer buyers, meaning less potential profit. As the market grows, so will the number and quality of special shoes. But for now the choices not only are limited but the available shoes often are inferior in quality to the company's standard models.

This is particularly true in women's and children's sizes. Only Nike (Senorita Cortez) and Brooks (Vassar) make separate women's shoes comparable to their best men's styles. No company mass-produces a child's size in its leading models. The closest anyone comes is Adidas with its Dragon.

- **Women's Models.** We've mentioned the Brooks Vassar and Nike Senorita—the best of the lot. Other flats in women's sizes include the Adidas Romy and Sporty, the Brooks Wellesley, and Patrick's Athena and Sao Paulo.

Adidas offers Okapi spikes. Puma has Girls' and Lady track shoes. Brooks' 212 is designed for women. Of these, the Puma Lady appears to be the leader.



*Puma Lady*

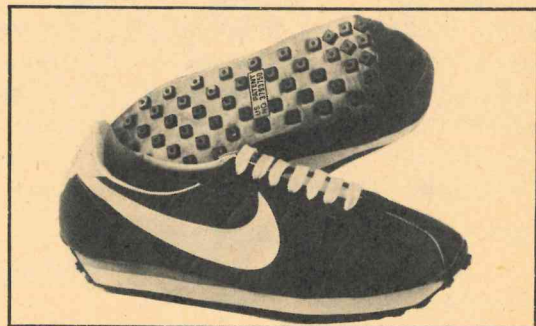
- **Children's Sizes.** We listed 100 styles of flats in an earlier chart. Only three of them are made to fit young and small runners: the Adidas Cadet and Dragon, and the Puma Fit. The Cadet comes in size 10, the other two in 12. The Dragon is the only one which ranks with the leading models.

Several other shoes go down to men's size one: Adidas Varsity and Vienna, Brooks Drake and a number of Karhus.

- **Cross-Country, Etc.** When the going gets heavy—or slick—runners require even more gripping power than on the track. Yet changing surfaces—from grass to dirt to gravel to asphalt—may not allow spiked shoes to be worn. Nike realized this when it developed the Oregon Waffle racing shoe and the Waffle Trainer. The soles with dozens of rubber tips are able to dig in on soft ground and to cushion on hard roads.

Reebok makes two similar models: the "studded" Fab X-C and The Peaks with its studs and cross-bars. New Balance's ripple-soled Trackster III also is adaptable to changing surface conditions.

Karhu designed a shoe for the snow and ice of Finland's winters. The 2306 is a standard training flat with four spikes imbedded in the sole.



*Nike Waffle Trainer*

- **All-Weather Tracks.** The spike has lost much of its function in distance running now that non-slip, all-weather tracks are the rule. Many runners now prefer to race and train in spikeless shoes such as the ultra-light E.B. Sport International Sao Paulo and the Tiger Ohbori. These models have minimal cushioning upfront, but less is required on bouncy Tartan or Chevron 440 than on unyielding concrete.

- **Race Walking.** Walking and running obviously are different actions. But race walkers still generally wear runners' shoes. They have little choice, since special shoes are few and hard to find.

We received more than a dozen catalogs for this survey. Only one, Tiger, lists shoes specifically for walking. (The company sells the Walking and the Race Walker.) Adidas sort of has one—the Marathon Geherschuh, or Marathon Walk Shoe. But the emphasis is on the first name and on running.

Earlier, Adidas had a lightweight suede walking shoe (Model No. 709-1) and Puma listed a similar one (No. 250), but these don't appear in the current catalogs.

If running shoes are used, they should be well-supported in the heel. Walkers have a much more pronounced heel-first landing than runners. A rigid heel counter is a good precaution. Heels rounded at the back give a smoother plant. But high heels aren't an advantage. One walker commented on the Adidas SL-72, "You feel like you're walking off a ledge."

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# Wear and Tear, Care and Repair

What we've really been talking about in the last 40-odd pages is feet. The health and safety and speed of the feet: Shoes are nothing more than a go-between—a medium between the foot and the ground, a rubber or plastic strip held in place by leather or nylon.

The shoe is designed first to protect the foot from the ground, and then to speed the foot over the ground. Signs are that it doesn't do a perfect job in either regard.

Dr. George Sheehan said in his *Encyclopedia of Athletic Medicine*, "The worst thing that ever happened to feet was shoes. Or perhaps the second worst, after concrete. These two products of urban civilization have finally conquered the human foot which in its primitive state crossed continents, pursued wild game and danced for days on end."

Sheehan wrote that the best exercise we can give feet is a barefoot walk or run on the grass or the beach. But in a "civilized" urban environment, unlitteed soft surfaces are as hard to find as unpolluted air.

Also, numerous studies and personal experiences indicate that even in sprint races on all-weather tracks, spiked shoes yield no better times than bare feet. Yet our feet are so used to being cuddled inside shoes that most of us can't tolerate a race without them. Only one-fourth of the runners we surveyed ever take their shoes off for a run, and most of those do it only rarely.

Our shoes, our surfaces and our unbending training and racing schedules conspire to produce an injury rate which is disgraceful. Two out of every three *RW* readers were hurt badly enough in the last year to require a layoff, medical treatment or both.

Shoes aren't the only cause of injury, but they contribute. We can't usually go without shoes, but we can cut the risk of wearing them by (1) choosing shoes carefully, (2) modifying them to suit individual needs and (3) keeping them in shape.

We'll assume you've chosen your shoes well and that they fit. Now you have a new pair, and you become an amateur shoemaker.

"Breaking-in" shoes is in most cases unnecessary. The models now available are soft enough that you should be able to run long, trouble-free miles in them the first day. Blistering indicates a defect in the shoe. Minor rough spots in the upper (the tongue above the toes is a prime offender) can be trimmed away. More drastic action, like replacing the shoes, is required for major problems. Don't bury them under layers of socks and tape.

The first thing many runners do with a new pair of shoes is rip the insides out. Out comes the removable arch cushion, the insole, everything down to the base. Then they put in a new bottom: commercial arch supports such as Dr. Scholls (worn by 20% of those surveyed), upgraded insoles such as Spenco (10%), custom supports made by podiatrists (8%), heel lifts (5%), heel cups (3%) or any combination of these.

The modifications are intended to give a better fit and feel, more cushioning and of course injury protection. But the same

runners who do all of this may ignore the most obvious injury cause of all—run-down heels.

The feet seek ground level. They struggle to get back in contact with the earth, and in the process grind away at the platform in between. That's understandable. If the wear was consistent, it wouldn't worry us. The problem is with uneven wear.

The heels go first, and fast. Wear is concentrated at the back of the heel, slightly outside of center if you have a normal gait. You're through the tread in a matter of days, well into the outer layer within weeks, and into the second (usually softer) layer while the rest of the shoe still looks fairly new.

Shoes cost too much to throw them away this soon, but the cost of wearing them in this condition may be higher. As little as a quarter-inch of wear at the heel may bring on or aggravate an achilles tendon, calf or knee injury.

Better to follow one of two courses: (1) delay the wear at the heel, or (2) replace the worn area before it is down the critical quarter-inch.

A number of preventive maintenance methods are available. They generally involve laying a protective patch over the high-wear area, then wearing out the patch instead of the shoe material.



Penny Crowell photo

The most popular of these is the electric glue gun method. Hot glue melts onto the shoe, then quickly hardens. About 35% of the runners in our poll fix their shoes this way. Preparations called Goo (5%) and Sole-Saver (2%) rate next among 21 different materials mentioned.

Whatever you use, be sure to spread it thinly and smoothly, no thicker than the original height of the heel. A quarter-inch too much heel is as dangerous as a quarter-inch too little, so don't replace one imbalance with another.

Several companies specialize in full-sole replacements for badly worn shoes. The best known is Tred-2 in California.

You can double or even triple the life of the shoe by maintaining the heels. You can have the sole replaced once or twice. But eventually you'll be doing yourself a favor by saying good-bye to this old friend.



# Your shoes are trying to tell you something.

Take a pair of ordinary shoes that are broken in. Put them on the kitchen table, or any flat surface, and look at them for a while.

You'll notice two things.

The sole curves comfortably toward the toe. And the heels are wearing down.

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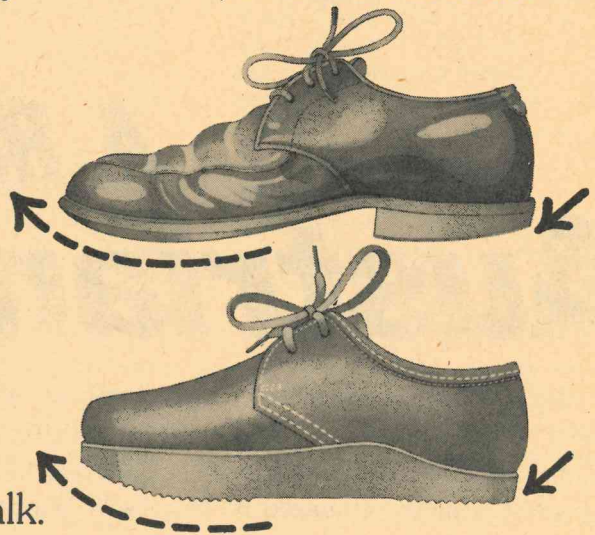
So, instead of getting an ordinary pair of shoes and trying to make them comfortable by breaking them in, maybe you ought to buy a beautifully made pair of shoes that were designed for the way you walk.

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1972 Olympic nordic competitor



Salzburg at night



Ski touring near Scharnitz

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But the Games aren't the only reason to go. You'll have plenty of time to ski through the breathtaking Austrian countryside (there are many fine alpine and cross-country facilities), and sightsee in towns that were already ancient when Columbus discovered America. And the borders of Switzerland, Germany, and Italy are all less than 50 miles away. You'll be staying as the guest of an Austrian family in the rustic village of Scharnitz, which is actually closer to Seefeld (where the nordic events will be held) than Innsbruck itself.

The tour will cost \$415, and we can arrange roundtrip air transportation for you from New York for \$534 or the West Coast for only \$684. We're leaving February 1st for two weeks, and we're only taking 60 people, so be sure to send in your deposit while there are still places left. To reserve your place, send a deposit of \$150 per person to Christine Cacciari, World Publications, Box 366, Mountain View, CA 94040. For more information, call Christine collect at (415) 965-8777. See you February 1st!

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# City Series

by Gary Tuttle

## SAN ANTONIO

Few people realize that San Antonio is one of the 15 largest cities in the United States, numbering close to a million in population. Nearly everyone knows the Alamo is here, but few outsiders envision it as a city with two large running clubs and a year-round racing schedule.

Despite the "Texas Football Mentality" (most Texans think any running done without shoulder pads is wasteful and cowardly), the runners of San Antonio have organized the fitness addicts into two friendly, enthusiastic, "run for fun" groups of underweight runners. These ectomorphs, with help from a few mesomorphs, are active in forming races and getting people out on the roads together.

The largest club is the San Antonio Road Runners. It numbers 260-plus members of all ages and abilities. The club sponsors a program which is surpassed by few cities: a 24-hour relay, several 16-mile handicaps and predicted time runs, a "Mission Run" in April and the "Alamo Derby."

For those runners who are geared more toward hard training and racing, there is the San Antonio Marathon Association. SAMA is composed mostly of youthful runners who have an equal amount of love for running and the dreams of Olympic gold. The SAMA puts on a marathon in December (the YMCA sponsors one in May) and a half-marathon in October.

San Antonio is heaven October through March, and hell April through September. In summer, running turns into a five-month heat stroke as temperatures reach into the 90-100s and the humidity is high. However, in the winter and spring, 50-70 degrees can be enjoyable.

The Alamo City offers a variety of places to run, but the best (and where you'll nearly always run into a road runner) is the North East Preserve. The preserve is just one mile from the airport and has nice trails through a Texas scrub forest. The San Antonio Road Runners hold some kind of race every third Saturday of the month on its flat, winding road.

The area of San Antonio which

offers the best running variety is off Broadway Street, near Ft. Sam Houston. In a two-mile-square area are located three golf courses (Brackenridge, San Antonio Country Club and Ft. Sam Houston golf course), McCarther Field (a four-mile loop at FSH) on an all-weather track at Trinity University and Brackenridge Park.

Brackenridge Park has a golf course, four miles of horse trails, a three-mile loop following alongside a miniature train track and trees for shade. The train takes about 16 minutes for the loop, which can be a real challenging pace.

Visitors who stay on the west side can run at Lackland Air Force Base with its trails and golf course. For those near the center of town who enjoy running around lakes, head for Woodlawn Lake (no shade) on Woodlawn Drive. The lake is approximately two miles around and is nearly all grass running.

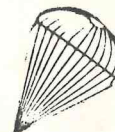
Fortunately, progress hasn't caught up to San Antonio yet, and the air is clear. This allows the runner to see the Hemisphere Tower from a great distance. If you head for the tower, you'll arrive at one of the prettiest spots to run in the entire Southwest. At the base of the tower begins the "River Walk." However, be wary of the river patrol. They enjoy telling runners not to run along the river's edge.

No matter where you stay in San Antonio, a run or drive to the outside of Loop 410 (which encircles the city) will bring you into a semi-rural, hilly area. There, those blessed with strong lungs, can fight the hills and the heat alone.

For more information, contact Ken Bashore at 138 Princess Pass, or Al Becken at 732 Fabulous. Runners in the military would be wise to contact Mr. Johnson, US Modern Pentathlon, Ft. Sam Houston. ●



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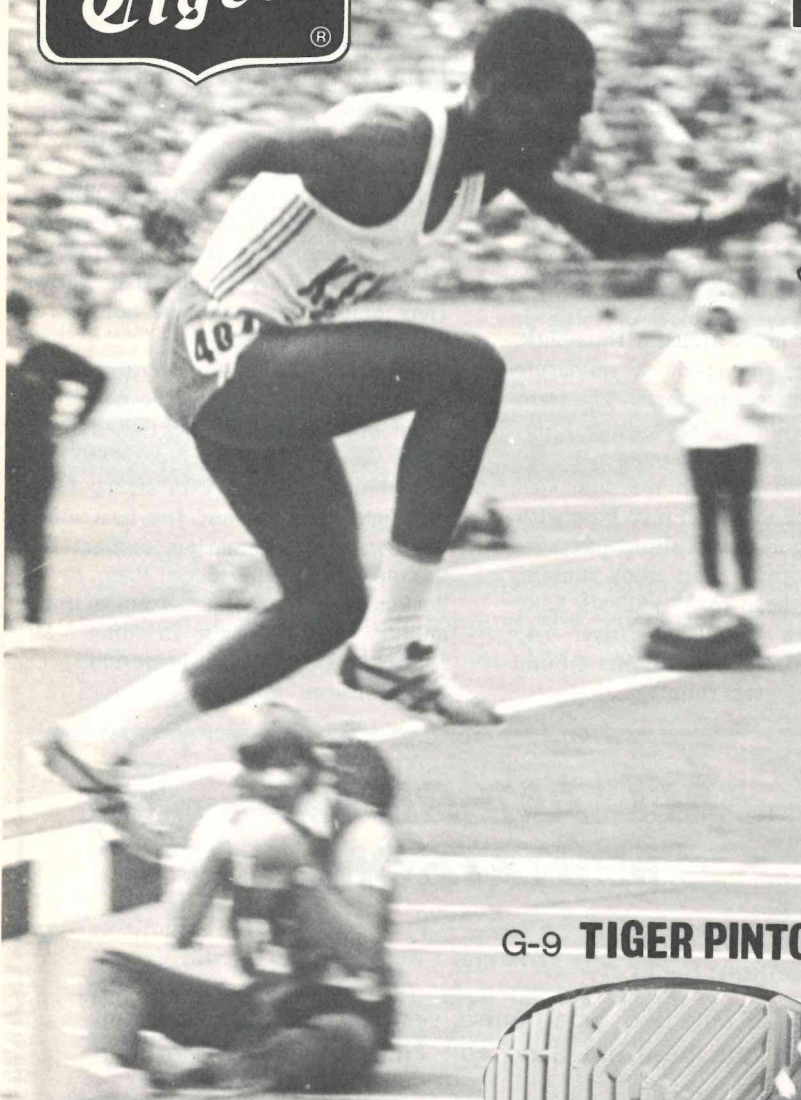
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# Interview

by Bob Wood

## MARK ENYEART

Utah State University sits atop a hill overlooking the community of Logan, Utah, in the valley known as "Cache." Cache Valley is farm green in the summer and very mountain white in the winter, when the temperatures dip to 20 and 30 below zero. Until last winter, Cache Valley had kept hidden a hot middle-distance treasure.

A little over one year ago, Mark Enyeart ran the first 880 of his life and naively negotiated the two laps in the remarkable time of 1:50-flat. He has been doing remarkable things ever since.

The Vernal, Utah, native has in the past year shaken up Cache Valley, Utah, the US and the world with the following feats: Winner of the NCAA Indoor 880, winner of the NCAA Outdoor 880 (winning both is a rare occurrence), winner of the Meet of Championships, winner of the National AAU meet where he defeated Rick Wohlhuter and recorded his best time of 1:44.87 for 800 meters. That success prompted his selection for the AAU team which toured Europe this summer.

Mark is 21, a senior majoring in political science at Utah State. Even though he is 6'0" and 155 pounds, he seems much larger. His brown eyes are steady and his face is a study in relaxation and confidence. With the baseball game of the week as a background, we sat in Mark's apartment kitchen and talked track.

**RW:** You passed up the Pan-American Games Trials.

**Enyeart:** Yeah, my foot was not up to it. I strained some ligaments in my arch in a workout in Durham, N.C., just before the Pan-African, West German meet. I'm going to the World University Games in Rome, Sept. 15-25 and I want to be ready for that.

**RW:** That must have been rather disappointing to have to drop out of the race in the Durham meet. What were your feelings?



*Enyeart after winning the AAU 800-meter championship (Stan Pantovic/DUOMO)*

**Enyeart:** I shouldn't even have started the race because of this foot. I thought at least if I did start it I could place. Everyone said that once you get going you won't even feel it. But I definitely did feel it.

**RW:** I noticed in that race that you didn't wear your white T-shirt under your top.

**Enyeart:** Well, my foot hurt and I didn't think I could win, so . . .

**RW:** Do you have any special reason for wearing the T-shirt? Good luck or what?

**Enyeart:** Superstition. I wear a shirt like it when I work out, and I just feel more comfortable in it. People around here know I run in it, and they can pick me out when I run.

**RW:** Let's trace your athletic career. Did you participate in other sports besides track?

**Enyeart:** When I first started out, I played football, wrestled, played baseball and track. Then my junior year of high school, I quit baseball so I could do better in track. My senior year, I quit wrestling so I could rest in the winter before track season.

**RW:** In high school, you ran the 100 and the 220. What were your times?

**Enyeart:** I ran a 9.9 in the 100 and 22.2 in the 220.

**RW:** Did you ever try the 440 or the 880 in high school, even in a relay?

**Enyeart:** No, I didn't even try the 220 till I was a senior, and that was too far.

**RW:** When you came to Utah State, did they plan to make a quarter-miler out of you?

**Enyeart:** I was supposed to run the sprints and long jump. But the quarter-milers and the sprinters all worked out together. We had time trials in the 440 and I won it, so they decided to move me up.

**RW:** What was your time in the 440 the first time you ever ran it?

**Enyeart:** The first time I ran the quarter was at Pocatello, Idaho, indoors my freshman year. I ran a 48 flat, which qualified me for the nationals. I got third in the nationals indoors in the 440 that year. My best outdoor time is 46.3 which I ran three times.

**RW:** What was the occasion for your first 880?

**Enyeart:** I ran a 1:50-flat, so I decided to train for the half and run the quarter, and then I just decided to stay with the half.

**RW:** How would you compare the workouts you do now with the ones you did when you ran the quarter?

**Enyeart:** When I was running the quarter, I ran 220s, 440s, and 660s. Now, I run 440s, 880s and 1320s. I don't do the 1320s very often.



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Computerized Cross-Country  
The New Africans

### SEPTEMBER, 1973

How Far Will Training Take You?  
"Stitch" Prevention and Cure

### FEBRUARY, 1974

Heart Abnormalities  
Ron Laird Interview  
Sprint Starts Step-by-Step

### APRIL, 1974

Women's National Marathon  
Test of Running Potential

### MAY, 1974

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Percy Cerutti Today  
How Often to Run and Race

### JUNE, 1974

Rod Milburn Interview  
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Cross-Country Nationals  
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### AUGUST, 1975

Prefontaine's Last Miles  
US Team China Tour  
Brooks Johnson on Kick

### SEPTEMBER, 1975

Winning Cross-Country  
Scoring Large Races

## Interview

**RW:** How fast?

**Enyeart:** I don't know. I never use a stopwatch. I just know if it hurts it's doing me some good.

**RW:** How about the mile? Do you want to try it?

**Enyeart:** No way! I don't want to try that. Maybe I'll do one in practice sometime.

**RW:** Would you like to comment on your race strategy of leading from start to finish?

**Enyeart:** I'm used to running a fast first quarter. It doesn't bother me any to go out a 50- or 51-second first quarter. I ran a 49.8 first quarter once when I was trying to qualify for the nationals. I like to get out in front where I don't have to pass anybody and I can run as fast as I want. I have a long stride, so it's better in front.

**RW:** What has been your biggest thrill?

**Enyeart:** I think winning the AAU. That was something I didn't expect to do, and I got a little more pleasure out of it. I went into those other races with the fastest times, so you kind of expect to win. But beating Wohlhuter surprised the heck out of me.

**RW:** What do you plan on doing between now and the Olympic Trials next June to get ready for them?

**Enyeart:** I'm not going to worry about it too much, but I'm going to do some distance, get a distance base so I'll be stronger.

**RW:** Have you ever done any distance work or weights before?

**Enyeart:** The only weights I've ever done were some curls for my arms. I have never even run in the summer before, so I figure I'll be three months ahead this year. What I'm doing now is the first distance I've ever done.

**RW:** How much distance are you doing now?

**Enyeart:** I'm doing about two miles a day.

**RW:** When you think about improving your time, where do you look?

**Enyeart:** I think the distance base, so I can have the strength. I've got the natural speed. Last year, when I worked out, I wasn't pushing it. That's what I'm looking forward to. I'm really going to push it now.

**RW:** Who do you think will be your biggest competition at the US Trials?

**Enyeart:** Rick (Wohlhuter), and I wouldn't be surprised to see Tom McLean really be tough. And James Robinson surprised me because he wasn't better. I think he'll be back next year.

**RW:** How would you describe your workouts in comparison with those of other high caliber athletes you've observed?

**Enyeart:** They're really dedicated. They really go at it and I'm just not into that yet, although I expect to be soon. I don't mind working out hard as long as it's warm. But when it gets cold, I don't want to workout. I don't even want to think about it. That's time to be indoors. I want to go sit in a sauna or something. But this year was good for me. Now I can see what I have to do.

**RW:** What would you say you learned from your European trip this summer?

**Enyeart:** We had that 300-meter stagger and that was new to me. I learned a little bit more about the competition internationally, and I gained some good experience.

**RW:** How would you rate the opposition you encountered in the international meets?

**Enyeart:** Most of the competition I ran against wasn't all that good. The only one I was really impressed with was (Luciano) Susanj from Yugoslavia. When he went by me, he was looking strong and had his knees lifted high. He was really moving. The rest of them were about like the competition you would get over here.

**Rw:** Do you plan on competing after the Olympics in '76?

**Enyeart:** Yeah, I still plan on running. I want to go to the coast and join a club. In 1980, I'll be 26 and that's peak time.

**RW:** Do you have anything else you would like to say before we close this interview?

**Enyeart:** You can put this down if you want. The wire services said that I fell down in the mile relay against the Russians, but it wasn't me. I was going to run that relay, but I was kind of weak after that half, so Gene Taylor took my place. Mike Shine was the one that fell, not me.

Leaning way back in his chair, hands clasped behind his head, Mark commented with a smile, "Oh, yeah, and I've eaten Wheaties every day since I was eight." Then with more seriousness, "No kidding." •

# Special on New Balance Speedsters

Take advantage of our special price on Speedster "seconds" (those with minor cosmetic flaws) and get twice the shoe for just \$12 a pair. Find out now why we believe New Balance width sizing can improve your racing performance. Our Speedsters come in bright blue with a red saddle. Orthopedically designed for men and women. Competition or training. Lightweight flat durable sole and lightweight nylon upper with suede leather toe piece. Exclusive saddle design for longitudinal support. Perfect fit (sizes 4½ to 13, AA-EEE) conforms to heel and foot providing comfort, support and balance. Gives more "toe-room." Full length mid sole, heel wedge and sponge inner sole neutralize shock.



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# The Nike Mini-cross-country catalog

## 1. Waffle Trainer

This revolutionary trainer combines all the padding of a training shoe with the lightness of a racing flat. The flared sole and undercut heel provide stability and help insure proper footstrike and toe-off. 27.95 team 22.95



## 2. Oregon Waffle

The Shoe made famous in Eugene, Oregon. This racing shoe has a bright yellow nylon upper with green trim. The unique Waffle sole provides traction on any surface. It combines the traction of a spike with the cushion of a flat. This may be the most sophisticated racing flat ever made. 24.95 team 19.95



## 3. Americas

Nike's most popular competition spike. Nylon uppers make them light enough to race in and tough enough to train in. The hundreds of tiny cones on the sole provide sure traction on all surfaces. 29.95 team 24.50



## 4. Intervalles

Weather resistant nylon uppers with a raised heel wedge provide protection against heel bruises and Achilles strain. This training shoe has turned out to be a favorite racing shoe for many runners. 26.95 team 22.25



## 5. Cortez

The Nike "standard" training and jogging shoes. (5a) "Leather Deluxe" is the top of the line, sizes 3-13, 27.95 team 22.95; (5b) Suede Deluxe, 3-13, 27.95 team 22.95; (5c) Nylon. Foul weather special, 3-13, 24.95 team 20.75; (5d) Leather, 3-13, great for young runners. 23.95 team 19.95; (5e) Senorita, women's sizes 4-10 24.95 team 20.25.



## 6. Finland Blue or Kenya Red

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Famous Nike "Breeze-way" running shorts. Order one size larger for "breeze-way" effect. No charge for advice . . . Shorts 2.95

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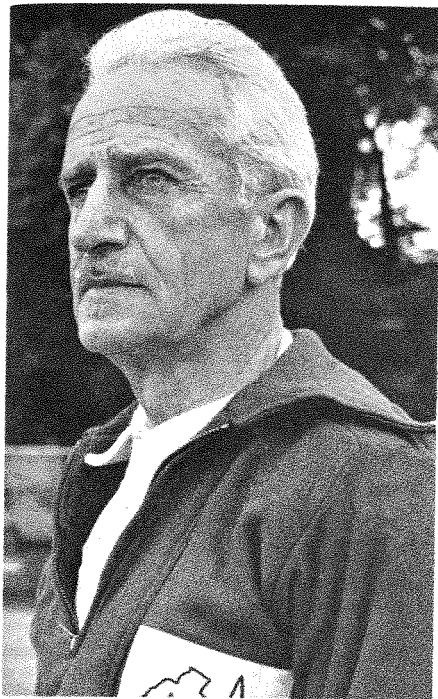
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the athletic department





# Looking at People



*Percy Cerutti (1959 photo)*

• Two of track's legends from the 1950s died within days of each other in August. Percy Cerutti, the unorthodox and controversial Australian who coached Herb Elliott to the world mile record, was 79 years old. Vladimir Kuts, who reportedly inspired Elliott's return to running when he won the 5000 and 10,000 at the Melbourne Olympics, died in Moscow of a heart attack at 48.

• It isn't always a pretty, harmonious world we run through. Senseless brutality can even visit runners minding their own business, as two grisly stories from the East indicate.

Janet Scott was running near her home in Newburyport, Mass., this summer when an assailant attacked her with a cement block. Every bone in her face was broken, and she was left for dead. Janet survived, but now requires extensive—and expensive—reconstructive surgery. (The Janet Scott Fund, to help pay her hospital bills, has been set up at the Institution for Savings Bank, Newburyport, Mass. 01950.)

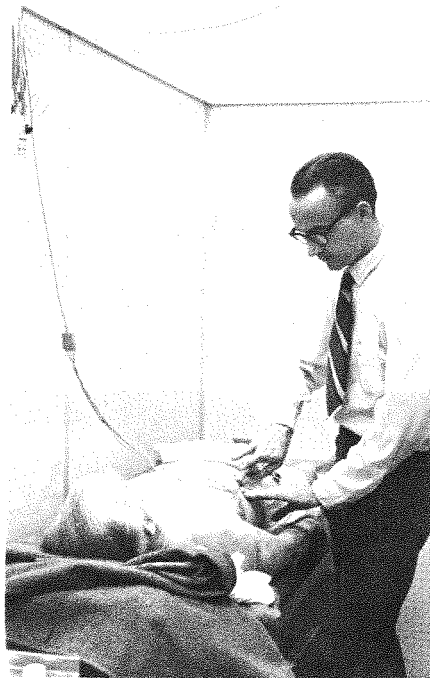
John Stapleton, running beside a lake in suburban Washington, D.C., was stopped by three youths who demanded money. Stapleton could produce only 65 cents. The boys then jumped him, slashing him repeatedly with a switch-

blade knife. Stapleton was hospitalized for his wounds.

• There is some justice in our world, however. Ernie Taylor was 15 miles into a run in Detroit when he stopped a young man wrestling away an elderly woman's shopping bag and purse. Taylor gave chase, scaled a six-foot Cyclone fence and ran down the gasping thief within two blocks. "I'm not really much of an athlete," the 29-year-old runner said later. "I once entered the Boston marathon. But that's all I've done besides a little boxing in high school."

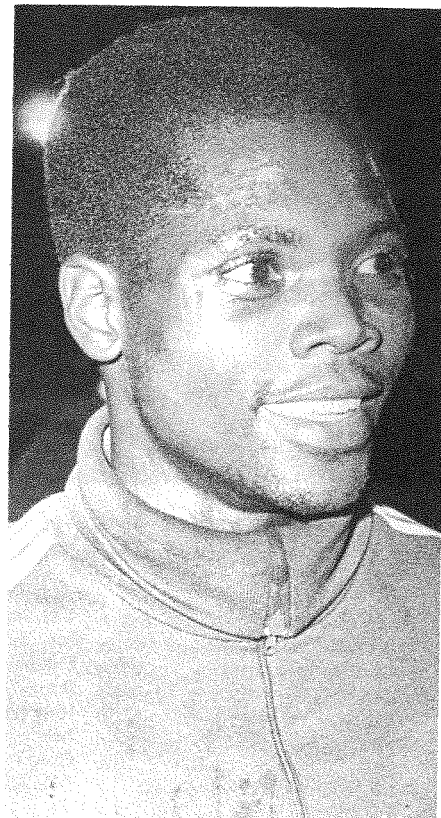
• Dr. Jack Wilmore, a long distance runner and one of the country's leading exercise physiologists, is the new executive director of the National Athletic Health Institute. Wilmore will concentrate on measuring "optimum health potential of an individual and an athlete's ability for performance," and on prescribing exercise programs based on that potential. The Institute's address is 575 East Hardy St., Inglewood, Calif. 90301.

• We told in August ("Looking at People") of Bill Emmerton opening up the Indianapolis Speedway to foot traffic with a solo 50-kilometer walk. Now there has been a footrace there, the "Indy Five." And its director, Tim Casady, writes, "We received fantastic coopera-



*Dr. Jack Wilmore*

tion from the Speedway officials. Next year, two days before the auto race, a marathon with national and international caliber runners is being planned for the Indy grounds. Some people very close to the track were impressed by the Indy Five and have tentatively gotten sponsorship from four large companies."



*Ben Jipcho (Tony Duffy Photo)*

• Now we learn that the note on Werner Rathert in this column last month is only partly true. Rathert is the fastest totally blind marathoner. But back in 1967, a young Californian high schooler named Gary Vann ran 2:27. Vann is blind in only one eye and sees only shadows from the other, yet he raced on the roads without assistance.

• Ben Jipcho, professional miler, meet Amby Burfoot, former Boston marathon winner. Amby tells of their meeting in Connecticut this summer "Ben responded with sparkling eyes and beautiful, clipped English. 'Oh, yes, I run the 21 kilometers (13 miles) once. I run one hour two minutes. Of course, it was very hot, with altitude. I think if I continue to marathon, I do two hours 10 minutes.'" Burfoot says, "I was floored. It was to him so matter-of-fact. To me, so unimaginable." •

# We have the top 9 shoes in stock!

## Adidas SL 72 & 76



First in popularity and overall quality in the RW shoe survey! A nylon training shoe designed to relieve strain on the achilles tendon, with an elevated, rounded heel. SL 72 is blue with white stripes, SL 76 is green with yellow stripes and has special easy-lace closing. Sizes 6-12, \$29.95, with discount, \$26.95. Indicate if color can be substituted to speed processing of your order.



## Puma 9190



"Puma's answer to the SL 72 . . . matches its rival point for point in all other respects [besides number of users]—a blue and white nylon training shoe, with a slightly-more elevated rounded heel, slightly-more flexible ripple sole, and high achilles tendon pad. Sizes 3-13, \$29.95, with discount, \$26.95.

## Tiger Jay Hawk



The leading racing flat, designed for distance and cross-country. Significantly lighter than either the SL 72 or 9190, with a thinner (but more flexible) sole. Rounded heel, gum rubber suction-cup tread. Gold nylon with blue stripes, sizes 3-13, \$21.95, with discount, \$19.75.

## Nike Boston '73



Worn by four of the first seven finishers in the '72 Olympic marathon trials. A racing flat with rounded heel, unique stitch-free toe, Spenco insoles, and good arch support. Blue with white nylon, sizes 3-13, \$19.95, with discount, \$17.95.

## Tiger Montreal '76



A light, protective nylon trainer, available in either blue or red with white stripes. This nylon version of the popular Cortez has a ripple sole, wide heel, and color-coordinated thick heel wedge. Sizes 3-13, \$23.95, with discount, \$21.55. Indicate if color can be substituted to speed processing of your order.

## Adidas



**SPECIAL  
PURPOSE**

## Nike Oregon Waffle



For cross-country and all-weather track racing. Built on a spike last, with rubber nubs which substitute for spikes, and a partial cutaway under the arch. Has small heel lift and good flexibility. Yellow nylon with green trim, sizes 4½-13, \$22.95, with discount, \$20.65.

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For race walking and distance running. Soft, form-fitting goat-skin upper with ventilated, seamless toes and contoured, arch-supporting interior. One of the lightest flats on the market. Blue with white trim, black toe cap and sole. Sizes 6-12, \$37.50, with discount, \$33.75.

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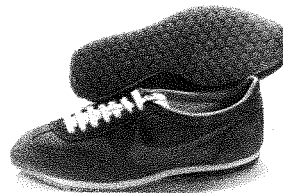
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New nylon training shoe with special flared heel stabilizes the foot, reduces ankle-roll injuries. Tough but light ripple sole with rounded heel, available in D and E widths. Blue with blue & white trim, sizes 7-12, D or E width only, \$23.95, with discount, \$21.55.

### Nike Road Runner



A hot new item that's sure to be widely popular by next year, says the survey. Green nylon with blue and yellow trim, rigid heel counter, extra-high achilles pad, thick heel wedge and rounded heel. Sizes 3-13, \$18.95, with discount, \$17.05. Available November 1.

### Country

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### Tiger Nairobi



"A light but durable shoe which can be used for racing and training. Next to the SL 72/76, it's the most preferred all-purpose model," states the survey. Ripple sole, blue nylon with white stripes, sizes 3-13, \$19.95, with discount, \$17.95.



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# Medical Advice

*George Sheehan, M.D.*

## WHY WE HURT

1. An athlete is a person who gets the most out of his genetic endowment through training in the environment.

2. Our training programs are based on increasing loads, theoretically applied after the athlete has recovered from the preceding one (Selye's General Adaptation Syndrome).

3. These training methods are in effect gross stressing of the cardiovascular, respiratory, musculoskeletal, gastrointestinal, nervous, genitourinary, hematological, metabolic and endocrine systems.

4. When stresses are too great, the athlete breaks down. The overuse is too much for his inherent weakness in some particular system or systems.

5. Each athlete needs a schedule of training (which includes sleep, diet, practice including duration, program and times per week) tailored to his constitution, or he or she will develop one or more of these "overuse syndromes."

6. Each athlete's overuse problem needs thorough investigation. Otherwise, the identical problem will recur, thereby restricting or terminating an athlete's career.

7. Although any system of the body can be involved, the musculoskeletal system is the most often affected in overuse syndromes in runners.

8. The musculoskeletal problems are due to the following, either singly or in combination: structural instability of the foot or low back; muscle imbalance of strength and/or inflexibility; leg-length discrepancy; incorrect shoes.

9. Biomechanically weak feet in conjunction with tight achilles, gastrocs, soleus and hamstrings account for 95% of foot, leg and knee injuries.

10. This includes metatarsalagia, heel spur syndrome, achilles tendinitis, shin splints, posterior tibial tendinitis, stress fractures of metatarsals and fibula, chondromalacia (runner's knee) and tendinitis, etc.

11. Tight, inflexible posterior muscles, weak abdominals and leg-length discrepancies account for the majority of low back, hip and sciatic nerve problems.

12. Muscle pulls occur in weak or inflexible muscles. (Hamstring pulls occur where the quadriceps/hamstring ratio is unbalanced. Adductor pulls occur for similar reasons.)

13. In all musculoskeletal disease, the object is to restore structural and postural balance. This is achieved through supports or exercises. Drugs, whirlpools, cortisone shots, rest, casts, surgery and acupuncture do not get to the cause, and therefore have little place in the treatment.

14. When these symptomatic measures are used, the usual sequence for the athlete is pain, relief by any method above, return to running, return of pain, etc.

15. Proper care of patient needs evaluation and treatment of: feet by podiatrist; muscles by physiotherapists; leg-length discrepancy by orthopods.

16. The major foot abnormality has to do with the first metatarsal. Most complaining distance runners have: Morton's foot; hypermobile first metatarsal; posteriorly placed sesamoids; fore-foot varus.

17. Minimum treatment requires: good shock-absorbing shoe with solid shank, orthotic with heel cup stabilizing heel, arch filler and Morton's extension.

18. Every athlete, injured or not, should be on maximum flexibility exercises for posterior muscles, and strengthening exercises for anterior muscles.

19. Heel lifts should be added for leg-length discrepancy.

## WARMUP

Is the warmup necessary? Indiana University researchers say "yes." A 15-minute warmup prior to 90-second and five-minute runs resulted in (1) higher maximum oxygen capacity; (2) lowered lactic acid; (3) higher heart rate; (4) higher muscle temperature. Warmup was at 10 kilometers per hour (about 10 minutes per mile) up a 2% grade.

Reference: "Effect of Warmup on Metabolic Responses to Strenuous Exercise," Martin, Bruce J. et al. *Medicine and Science in Sports*, 7:146-149 1975 [summer]. ●

## Now It's A POSTER!



If you enjoyed Jay Doolittle's fascinating running poster

(featured as the cover of the July issue of *Runner's World*), you'll be interested to know it's now available as a colorful 18" x 24" glossy poster. Send for one (or several) for yourself, your family, or friends today!

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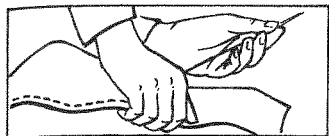
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**1977 MARATHON** — An extremely light training and racing shoe. BEIGE/RED. AVAILABLE IN SIZES 5½-13. \$31.95

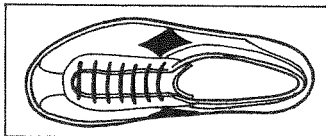
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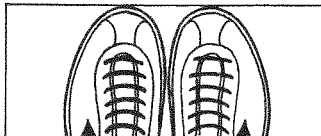
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Soft skins inside give your feet just a little extra cushioning. Since few materials breathe as well as leather, a little extra coolness as well.



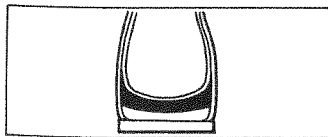
### NATURALLY SHAPED TOES

Lydiard's roomy uppers aren't shaped like ordinary shoes. But they are shaped like your own natural feet. Your toes will stay healthfully uncrowded.



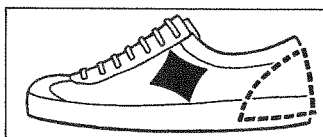
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**\$35.95**

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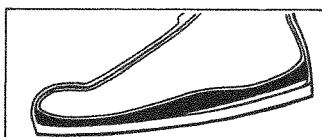
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**1572 MUNICH** — Super light shoe. The new interchangeable six spike position together with newly developed suction cup sole. Provides great traction on wet or dry surfaces even under the most adverse conditions. RED/WHITE. AVAILABLE IN SIZES 5½-13. \$41.95

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**USAAU JUNIOR NATIONAL** 10,000 Meter Cross-Country Championship—Nov. 9, Indiana University's beautiful course. Region 6 Junior Olympics will be held in Bloomington, Ind., Nov. 8. For entry forms contact: Steve Kearney 205 W. Porter, Chesterton, IN 46304.

**5th ANNUAL PARIS** Mountain Classic 12.3 Mile Road Race—Sunday, Dec. 7, 2:00 p.m. Trophies, medals, merchandise and T-Shirts. Divisions: high school, 18-29, 30-39, 40-49, 50 and over. Contact Adrian Craven, 213 Brookwood Drive, Greenville, SC 29605.

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**NATIONAL AAU Men's Senior** Cross-Country Championships—Also boys' National AAU Championship (7 & under to 16-17). November 30, 1975, Annapolis, MD. Senior AAU X.C. information write: National AAU X.C., Annapolis Touchdown Club, Annapolis, MD 21404. Boys' AAU X.C. information write Dr. Gabe Mirkin, 9900 Georgia Ave., Silver Spring, MD 20902. T-shirts available now, \$3.50 (includes postage).

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**NORTH CENTRAL MARATHON**—Naperville, IL, North Central College Fieldhouse, Saturday, Dec. 6, 1975 at 10:00 a.m. Plaques, top 10. Glass mugs, top 100. Certificates, all finishers. Age division awards. Half course race: plaques, top five. Glass mugs, top 40. Age division awards. Entry, \$2.00. Contact: Robert Schrader, North Central College Fieldhouse, Naperville, IL 60540.

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**UNITED STATES** Track and Field Federation Women's National Cross-Country Championships. November 1, 1975. Classes: girls 10 and under; 11-14; 14-16; women's open. Men's national veterans; masters 40-49; 50+ championships. Men's Mid-America Open. Boys 12 and under; 15 and under. University of Wisconsin-Parkside, Athletics, Kenosha, WI 53140.

**EASTERN 100-EVENT SCHEDULE**—For schedule of races ranging from 880 yards to 100 miles, plus current entry blanks, send a stamped, self-addressed envelope to: Road Runners Club of New York, P.O. Box 881, New York, NY 10022.

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Next issue for advertising: December. Closing date: Oct. 14, 1975.

Contact: Lynne Hart  
Advertising Manager

P.O. Box 366, Mountain View, CA 94040

# Marketplace

3rd Annual

## Harrisburg National

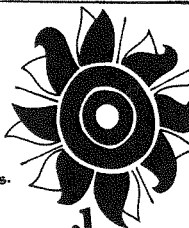
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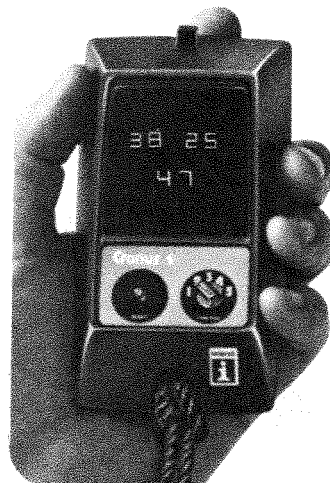


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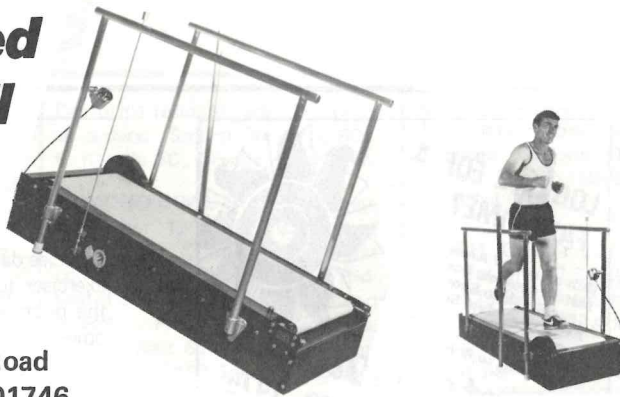
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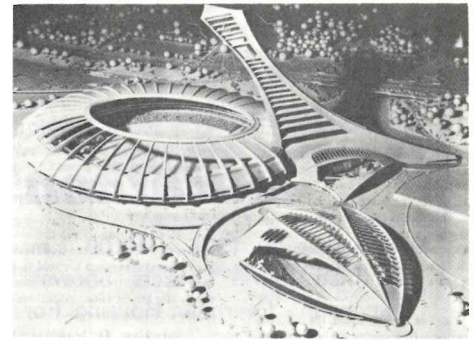
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# The Olympics



The Olympic races which will end in Montreal next July have already started.

Qualifying times—minimum standards required for entry into the Games—have counted since May 31 for track men and women. Marathoners don't have a time limit for the Olympics, but they do face the toughest standard ever imposed for the Trials: 2:20. Their qualifying period began May 21.

The US Olympic Committee chose Eugene, Ore., as the site for the men's and women's track Trials. The dates are June 17-27—a month before the Games. There had been complaints in 1972 that the early-July tryouts were too far removed from the August-September Games.

The marathon is also set for Eugene. But to give these runners more recovery time, the race is separate from the rest of the Trials. The date is May 22. (We have no information yet on the Trial procedure for the 20-kilometer walk.)

Semifinal word from US Olympic officials is that all sub-2:20 marathoners (times recorded in AAU sanctioned races on AAU certified courses between May 1975 and May 1976) will be given travel and living expenses for the Trials. The same will be true for the dozen or so athletes invited to try out in each of the track races.

Almost as soon as the marathon qualifying time was announced, grumbling was heard. Nearly 20 US runners have broken 2:20 this year. (None had done it between May 21 and Sept. 1, as this issue went to press.) Remember, though, that most of them did this at Boston under conditions they can't expect again next year. And even if nature were to cooperate, the calendar wouldn't. Boston will be less than five weeks before the Trials.

Bob DeCelle, AAU long distance chairman, says it's fine to reward the fastest runners. But allow others in, too.

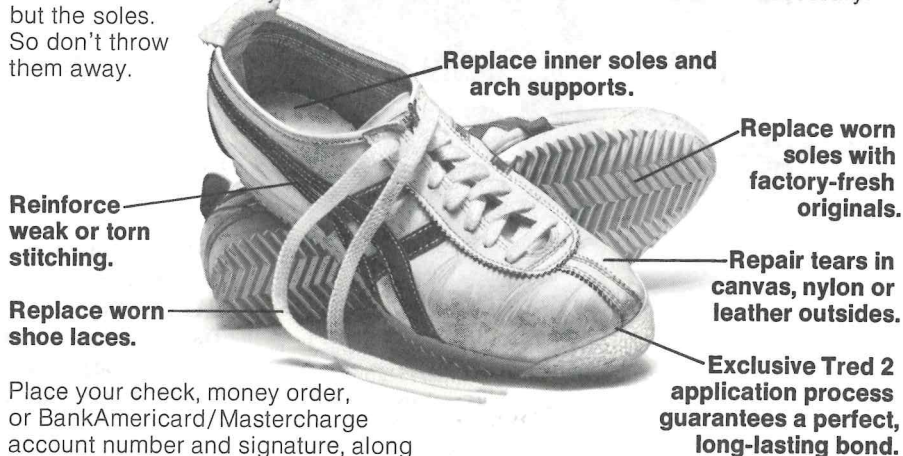
(Continued on page 88)

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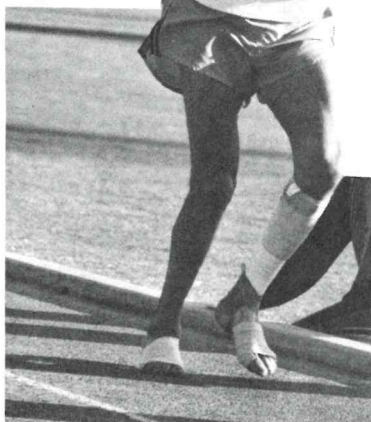
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**The Olympics**

The marathon is a most unpredictable race—as shown by the recent Pan-American Games Trial. There, Rick Rojas and Chuck Smead made the team. Neither ranked among the country's top 50 in times for the year, and neither qualified for expense money to the Flagstaff race.

DeCelle and other members of his committee also questioned the choice of Eugene as a site. DeCelle said, "Weather conditions in Eugene in May will not duplicate the conditions the runners must face in Montreal. We should hold our Trial at a Southern or Eastern location so as to come more nearly to Montreal's hot, humid climate."

The prospects of a hot, humid marathon in Montreal are quite real, as indicated by the Pre-Olympic race in August. The temperature was in the 80s, and the humidity was equally high.

Wolf Schamberger, a medical doctor and one of Canada's top long distance runners, commented harshly on the "dress rehearsal:"

"The course was excellent, as fine as anyone could wish for. The organization of the race itself (checkpoints, aid stations, police escorts) was laudable. Yet a question emerges which must be answered before too long to avoid a repeat of this year's fiasco.

"Why was the race started at 4:30 p.m. in the worse possible weather conditions? Originally, it was to have started at 5:30, which would have been of some help to the runners. But then TV cameramen objected that there would not be enough light in the later stages of the race to allow for proper filming.

"Cameramen be damned! They may have felt a little hot following the race in a double-decker bus. And yet, because of their influence, the athletes were out there on the pavement paying the price. The marathon may symbolize sheer endurance to some. But that does not mean it has to become a spectacle of human suffering and degradation for sheer desire to complete the course despite adverse conditions."

Twelve of the 18 runners finished. Most of them were sub-2:20 runners, many sub-2:15. Yet the winning time was 2:25. At least one runner wound up in the hospital.

Dr. Schamberger said, "I think a lot of us are getting tired of running these races according to the rules and times decreed by the organizers—especially when this adds to the danger of the race." ●

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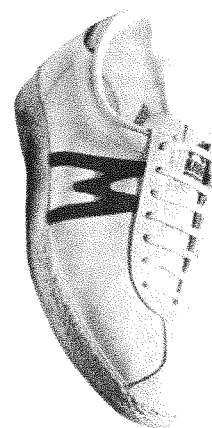
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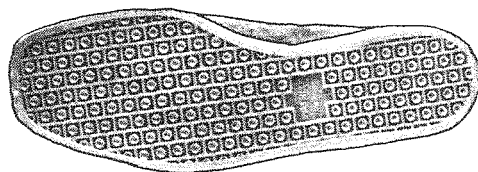
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**Sale price: \$15.95**



**No. 511.** Made in France by Patrick. New, improved, lightweight training shoe. Double corrugated sole. Nylon and leather covered uppers. Royal blue or scarlet. Sizes 7 to 13.

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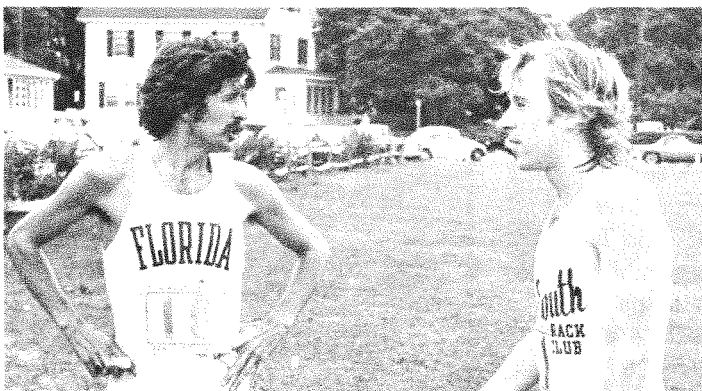
October, 1975

# Highlights

## NORTHEAST

● **Bangor, Me., July 19**—Paul Bunyan marathon: 1. T. Smith 2:36:32; 2. R. Suomi 2:40:04; 3. R. Fillhart (18) 2:44:47; 4. L. Hall (22) 2:45:08; 5. B. Deering (27) 2:45:25 . . . 39. Diane Fournier (28) 3:56:54. (53 finished, 12 under 3:00; 27 under 3:30, 39 under 4:00.)

● **Bayside, N.Y., July 20**—Met. AAU One-hour run: 1. Phil Bonfiglio (23, Long Island AC) 11m 42.3y; 2. Ed Burns (24, LIAC) 10m 14.4y; 3. Bob Braile (19) 10m 13.0y . . . 9. Joe Burns (46, Millrose AA) 10m 46.0y . . . 16. Jim McDonough (51, Millrose AA) 9m 16.73y . . . Ann Cirulnick (40, East Coast AC) 5m 11.53y. Teams: 1. Long Island AC, 23 pts.; 2. Millrose AA, 39 pts. (from Matt Cola).



Frank Shorter and Bill Rodgers at Falmouth. (Rick Bayko)

● **Bronx, N.Y., July 27**—RRC of NY Pentathlon (5-mile, 880y, 2-mile, 440y, 1-mile): 1. K. McCarey 25:41 (5-mile) 2:01.1 (880y), 9:18.4 (2-mile), 55.6 (440y), 4:25 (1-mile) 2. B. Szymanski 27:10 (5-mile) 2:05.4 (880y), 10:03 (2-mile), 55.0 (440y), 4:41 (1-mile) . . . 50. Bob Fine (40+) 32:10 (5-mile), 2:27 (880y), 11:36 (2-mile), 68.2 (440y), 5:29 (1-mile) . . . 60. Anita Scandurra 32:45 (5-mile), 2:31 (880y), 12:21 (2-mile), 68.0 (440y), 5:36 (1-mile). (113 finished).

● **New Milford, Conn., July 29**—8-mile: 1. John Vitale 39:29; 2. Justin Gubbins 40:51; 3. Ed Burns 41:08; 4. Bruce Merrill 41:12; 5. Bill Sanders 41:21; 6. Phil Bonfiglio 41:23; 7. Chris Chambers 41:32; 8. Bob Braile 41:35; 9. Pat O'Neill (jr.) 41:58; 10. Jim Peterson 42:15 . . . 33. Charles Dyson (40+) 44:45 . . . 210. Carol Krolewski 45:57. (356 finished, 35 under 45:00; from Jon Stone).

● **Edgewood Arsenal, Md., July**—Gunpowder Neck 10-mile: 1. Dan Rincon 51:18; 2. Wayne Vaughn 53:10; 3. Jim Lyons (jr.) 53.28 . . . William Redman (40+) 1:02:04 . . . Marge Rosasco (1:05:49 . . . Joe Holland (50+) 1:09:29. (from Joe Lacterera).

● **New London, Ct., Aug. 2**—20-kilometer: 1. Justin Gubbins 1:00:56; 2. John Vitale 1:04:45; 3. Amby Burfoot 1:05:45. (from Rick Bayko).

● **Littleton, N.H., Aug. 2**—9.73-mile: 1. Ralph Thomas 53:04; 2. Peter Gleason 53:11; 3. Tom Dowling 53:24 . . . Stanley Moulton (40+) 1:00:35 . . . Johnny Kelly (60+) 1:06:54 . . . Katie Tobey 1:16:46 . . . Carl Willberg (77) 1:09:12. (159 finished; from Ed Estele).

● **Rome, N.Y., Aug. 3**—20-kilometer: 1. Paul Stemmer (Rochester TC) 1:03:53; 2. Tommy Smith (Utica Pacemakers) 1:04:35; 3. Dave Dobrynski (Syracuse Chargers) 1:04:51; 4. Carlo Cherubino (Albany TC) 1:05:25; 5. Dave Milliman (FTC) 1:06:06 . . . Jerry Riordan (40+) no time . . . Sam Gratch (50+) n.t. . . Wendie Pusch n.t. .

● **Fredonia, N.Y., Aug 16**—Koch Brewery-Fredonia Farm Festival 10-kilometer: 1. Dave Dobrynski 31:21; 2. Mark Finucane 31:44; 3. John Evans 31:51; 4. Willie Bauza 32:04; 5. Don Paige 32:06 . . . 49. Kathy Mills 36:30; . . . 73. John Richardson (40+) 37:56. Teams: 1. Syracuse Chargers. (237 finished, 29 under 35:00.)

● **Falmouth, Mass., Aug. 17**—7.3-mile: 1. Frank Shorter 33:24; 2. Will Rodgers 33:39; 3. Scott Graham 35:26; 4. Larry Olsen 35:32; 5. Bob Hodge 35:51; 6. Vin Fleming 35:54; 7. Russ Pate 36:10. (over 700 finished.)

● **North Kingstown, R.I., Aug 18**—15-kilometer: 1. Art McAndrew (BAA) 46:38; 2. Rory Suomi (Mohegan Strid.) 46:45 . . . 14. George Maine (40+, Mohegan Strid.) 53:40. (20 finished, 5 under 50:00; from George Silva).

## SOUTHEAST

● **Atlanta, Ga., July 4**—Tulbory Peachtree 6-mile: 1. Ed Leddy (23) 29:52; 2. Barry Brown (30, FTC) 30:10; 3. Scott Eden (21, ATC) 30:20; 4. Jeff Galloway (29, GWTC) 30:26; 5. Bill Haviland (24, KTC) 31:02; 6. Bob Varsha (23, ATC) 31:04; 7. Gareth Hayes (27, NCTC) 31:08; 8.

Rick Bourrier (20, HTC) 31:14; 9. W.C. Louv (23, FTC) 31:18; 10. Dan Joyroe (29, NCTC) 31:34 . . . 20. Norman Blair (18, NCTC) 32:08 . . . 96. Nick Costes (49, Troy TC) 35:52 . . . 134. Charles Gibson (52, CTC) 37:26 . . . 160. Gayle Barron (30, ATC) 38:04 . . . 299. John Deltmann (62, NWFTC) 41:19. (962 finished, 66 under 35:00.)

● **Decatur, Ga., July 12**—Decatur Dekalb YMCA 4-mile: 1. David Bishop (23) 20:25; 2. Randy Stroud (20) 20:35; 3. Randy Tindol (23) 20:52; 4. Jerry Brawner (20) 20:58; 5. Bill Gates (30) 21:06; 6. Joe Reed (17) 21:08 . . . 25. Elliott Galloway (54) 25:00 . . . 27. Wayne Williams (40) 22:55 . . . 128. Lisa Lorrain (20) 28:05. (181 finished, 14 under 22:00, 59 under 25:00.)

● **Lakeland, Fla., July 18**—One hour run: 1. Jeff Sutton (15) 9m 71.5y; 2. Tom McNabb (15) 9m 66.5y . . . George Butz (40+) 8m 84.0y . . . Dick Leis (62) 6m 154.0y.

● **Martinsburg, W. Va., Aug 1**—10-mile: 1. Carl Hatfield (28, W. Va. TC) 52:58; 2. Wayne Vaughn (29, Baltimore Olympic Club) 53:19; 3. Dennis Beatty (19) 55:56 . . . 14. Ludwig Gutmann (42, W. Va. TC) 1:01:46. (51 finished).

● **Chattanooga, Tenn., Aug 16**—Missionary Ridge 5-mile: 1. D. Bishop (23, Atlanta TC) 25:11; 2. M. Adams (31, N. Car. TC) 25:39; 3. J. Grahn (28, Chatt. TC) 25:45 . . . Jon Robere (51, Chatt. TC) 34:22 . . . Gene Sanders (33, woman, San Diego TC) 34:42.

## MIDWEST

● **Madison, Wisc., June 28**—Madison marathon: 1. Joe Kreutz (18) 2:36:00; 2. Craig Harms (24) 2:37:00; 3. Shawn Flanagan (20) 2:37:51; 4. Tom Slater (23) 2:42:13; 5. Don Fass (21) 2:44:00 . . . 12. Ed Dally (44) 2:57:25 . . . 90. Georgette Goonan (19) 4:04:02. (119 finished, 42 under 3:30, 85 under 4:00; from Dale Roe).

● **Breckenridge, Mich., July 4**—Breckenridge marathon: 1. Craig Harms 2:38:11; 2. Jack Bannik 2:45:33. (21 finished, 10 under 3:30, 16 under 4:00). 6.5-mile: 1. Paul Zucker 33:24; 2. Don Law 33:27. (73 finished).

● **Buhl, Minn., July 4**—AAU 25-kilometer: 1. Steve Hoag (TCTC) 1:23:24; 2. Bob Fitts (SLTC) 1:24:02; 3. John Dimick 1:24:05; 4. Sheldon Karlin (WSC) 1:24:11; 5. Tom Hoffman 1:25:32; 6. Phil Stewart (WSC) 1:26:17; 7. Dave White (AATC) 1:26:26; 8. Dave Erler (SCSTC) 1:27:18; 9. Steve Ferver (RATC) 1:27:49; 10. Ray Morrison (WSC) 1:27:51 . . . 70. Joan Uilyot (WVTC) 1:45:34. Teams: 1. Washington Sports Club; 2. Twin Cities TC; 3. St. Louis TC.

● **Ft. Wayne, Ind., July 13**—Three Rivers Festival marathon: 1. Kenneth Ellingwood 2:33:00; 2. Larry Fox 2:34:10; 3. Tim Zumbaugh 2:35:06; 4. Patrick Davis 2:36:07; 5. Chris Doyle

2:40:33. (56 finished, 16 under 3:00, 32 under 3:30, 48 under 4:00; from Bobbi Widman).

● **Aurora, Ill., July 19**—First Aurora marathon: 1. Dale Roe 2:41:56; 2. David Bashaw 2:47:47; 3. Isa Lapaj 2:56:19 . . . Clayton Hall (40+) 3:15:43 . . . Richard King (50+) 4:16:17. (35 finished, 3 under 3:00, 9 under 3:30, 11 under 4:00; from Alberta Metz).

● **Lake Atwood, Kans., July 25**—10-mile: 1. Alan Walker (24) 52:45; 2. Tim Tobin (21) 52:50; 3. Chuck Copp (25) 55:12; 4. Bill Lowry (19) 55:13; 5. Kent McDonald (22) 55:20 . . . 19. Jim Hershberger (43) 58:45. Women: 1. Tammie Gilpin (17) 1:09:09. (129 finished, 22 under 1:00; from Bob Creighton).

● **Brooklyn, Mich., July 26**—Leprechaun 13.36-mile: 1. Doug Hansen 1:14:00; 2. Paul Bedford 1:16:29; 3. Dean Brest 1:17:35; 4. Jim Bilsborough 1:19:46; 5. Bob Bowers 1:20:05 . . . 28. John Headington (40+) 1:32:38 . . . 45. Darce Tomlinson 1:45:43.

● **Charleston, Ill., July 26**—20-kilometer: 1. Bob Fitts (32, St. Louis TC) 1:03:48; 2. Dike Stirrett (26, Eastern Ill. Strid.) 1:04:00; 3. Dean Reinke (22) 1:04:23; 4. Barney Hance (25, St. Francis TC) 1:04:48; 5. Jim Buell (19) 1:04:49; 6. Charlie Warthan (25, Ind. Strid.) 1:05:13; 7. Dave Casillas (18, St. Francis TC) 1:05:40; 9. Craig Young (19) 1:06:14; 10. Pete Farwell (24, U. of Chic. TC) 1:06:19 . . . 77. Ronald Knowlton (43, So. Ill. RR) 1:16:50. (163 finished, 34 under 1:10, 64 under 1:15).

● **Glen Ellyn, Ill., July 26**—10-mile: 1. Dave Smith (E. Mich.) 50:37; 2. Gary Barrett 51:45; 3. Ed Steingraber (UCTC) 52:53 . . . Roy Bricker (jr., Marquette Park TC) 54:43 . . . 31. Joe Connolly (40+, 1:03:23 . . . 44. Irene Houdek (Proviso Run for Fun) 1:33:14. (77 finished, from Brian Cooper).

● **Brookings, S.D., July 26**—SDSU Distance Running Camp 3-mile: 1. Roy Flieth 17:03; 2. Bob Wilson 17:11. (15 finished).

● **Glen Ellyn, Ill., Aug. 2**—5-mile: 1. Rick Johnson (UCTC) 25:35; 2. Jim Alexander 26:08. (15 finished; from Brian Cooper).

● **Speedway, Indianapolis, Aug. 2**—Indy 5-mile: 1. Herman Bueno (17) 26:25; 2. Larry Blanford (16) 27:23; (71 finished). open: 1. Dean Behrmann (18) 25:52; 2. Allan Parris (21) 25:51; 3. Don McClellan (19) 25:59; 4. Bill Meece (19) 26:16; 5. Robert Angel (18) 26:38 . . . 13. Roland Anspach (49) 30:46 . . . 32. Lora Cartwright (13) 30:59 . . . 35. Elmer Gaston (51) 31:14 . . . 48. Hank Braddock (61) 33:48. (78 finished).

● **South Bend, Ind., Aug 3**—Indiana 20-kilometer: 1. Dean Reinke 1:09:07; 2. Craig Harris 1:10:49. (34 finished; from Joseph Kennedy).

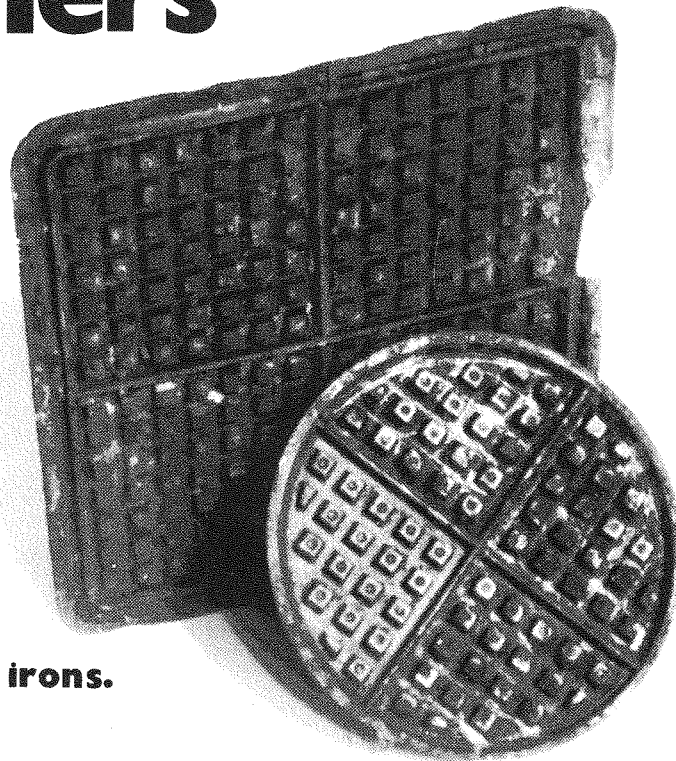
● **Cudahy, Wisc., Aug. 3**—USTFF Nat. 10-mile: 1. John Dimick (Green Mt. AA) 50:27; 2. Glenn Herold (Wisc. TC) 51:29; 3. Jeff Shoemaker (Ind. Strid.) 51:32; 4. Glenn Behnke (Winged Foot TC) 51:44; 5. Gary Barrett



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# November Coming Events

Please send your event listings to RW, Box 366, Mountain View, Calif. 94040, at least two months before the race date.

## NORTHEAST

- 1 Harrisburg Nat. Marathon, Harrisburg, Pa. (Jack Scarborough, YMCA, Front & North Sts., Harrisburg, Pa.)
- 1 Met. AAU Sr. & Mas. 50-mile, N.Y., N.Y., (9 a.m., Central Park, Road Runners Club, P.O. Box 881, FDR Station, N.Y., N.Y., 10022).
- 2 Nat. RRC Age-Group X-C 2½-mile, N.Y., N.Y., (Van Cortlandt Park, 1 p.m., Road Runners Club, P.O. Box 881, FDR Station, N.Y., N.Y., 10022).
- 8 Nat. AAU 30-Km. (& Masters) N.Y., N.Y., (11 a.m., Central Park, Fred LeBow, Box 881, N.Y., N.Y., 10022).
- 15 NCAA Div. II Cross-Country, Boston, Mass. (Brandeis University).
- 15 Nat. AAU Masters 10-Km Cross-Country, Bronx, N.Y., Van Cortlandt Park, Masters Sports Assoc., 11 Park Place, N.Y., N.Y., 10007).
- 15-17 C & O Canal 300-Km., Washington, D.C. (7 a.m., Robert Crane, 511 Kramer Dr., Vienna, VA 22180).
- 15 C & O Canal 100-Km., Washington, D.C. (7 a.m., Robert Crane, 511 Kramer Dr., Vienna, VA 22180).
- 16 Nat. RRC 15-Km. X-C, N.Y., N.Y., (11 a.m., Van Cortlandt Park, Road Runners Club, P.O. Box 881, FDR Station, N.Y., N.Y., 10022).
- 16 USTFF 6-Mile X-C Reg., University Park, PA (Penn State, Harry Groves, 247 Rec. Hall., University Park, MD.).
- 29 Philadelphia Marathon, Philadelphia, Pennsylvania. (noon, Tom Sander, 515 W. Godfrey Ave., Phil., Penn. 19126).
- 30 Nat. AAU Men's Sr. X-C Boys Nat. AAU Champ., Annapolis, M.D. (mens, boys 7 and under to 16-17; Al Cantello, 516 Hillsmere Dr., Annapolis, M.D. 21403).
- ? Bay State Marathon, Framingham, Mass. (Director, YMCA, 280 Old Conn. Path, Framingham, Mass. 01701).
- ? Nat. AAU Jr. Cross-Country, Pittsburgh, Pa.

## SOUTHEAST

- 9 Civic Center 10,000-meter,

Lakeland, Fla. (10 a.m., John Scimone, 631 Young Place, Lakeland, Fla. 33803).

## MIDWEST

- 1 YMCA Grand Valley Marathon, Grand Rapids, Mich., (Grand Valley State Coll., noon, Grand Rapids Central YMCA Marathon, 33 Library St., Grand Rapids, Mich. 49502).
- 2 Longest Day Marathon, Brookings, S.D. (1 p.m., Jay Dirksen, SDSU Track Coach, SDSU, Brookings, S.D., 57006).
- 2 Youngstown Road Runner's Club 13.1-Mile, Youngstown, Ohio (Mill Creek Park, noon, Jack Cessna, Youngstown RRC, 269 Alameda Ave., Youngstown, Ohio 44504).
- 8 I-AAU 50-Km., Ames, IA, (1 p.m., Bob Martin, 5834 Stony Island Ave., Chicago, Ill. 60637).
- 8 Morgan Monroe 10-Miler, Bloomington, Ind. (Morgan Monroe State Forest, Ray Vandersteen 3442 Windcrest Dr., Bloomington, Ind. 47401).
- 8 S.D. USTFF X-C 10-Km. Brookings, S.D. (SDSU Golf Course, 11 a.m., Jay Dirksen, SDSU Track Coach, SDSU, Brookings, S.D., 57006).
- 8 Nat. AAU Jr. 10-Km., Bloomington, Ind. (noon, Steve Kearney, Chesterton, Ind.).
- 8 National Junior College X-C., Rochester, Minn. (11 a.m., Rochester JC).
- 9 LEAAU 20-Km., Independence, Ohio (10 a.m., William Bredenbeck, 5916 Longano Dr., Independence, Ohio 44131).
- 11 Joliet-Will County Bicentennial Marathon, Joliet, Ill., (Tom Brunick, College of St. Francis, 500 N. Wilcox, Joliet, Ill. 60435).
- 16 Mich. AAU Champ. X-C, 6-mile, Detroit, Mich. (Rouge Park, Edward Kozloff, 10144 Lincoln, Huntington Woods, Mich.).
- 27 LEAAU 10-Km. Champ. X-C, Lorain, Ohio (10 a.m., Jack Wilhelm, 5916 Longano Dr., Independence, Ohio 44131).
- ? Chicago Health Club-Hinsdale Marathon, Hinsdale, Ill. (Conrad Truedson, 3305 York Rd., Oak Brook, Ill. 60521).
- ? NAIA Cross-Country, Salina, Kansas. (Marymount College).

## SOUTHWEST

- 1 30-Km, Tulsa, Okla. (10 a.m., Mohawk Park, Vern Whiteside, 6916 S. Knoxville Ave., Tulsa, Okla. 74136).
- 1 GAAU 20-Km, Kingwood Area, Texas (10 a.m., George Kleeman, 227 Faust Lane, Houston, Tex. 77024).
- 1 Six-Mile and 10.81-Mile, Dallas, Tex. (X-C Club of Dallas, 6891 Avalon, Tex. 75214).
- 8 Roserun 3 & 6-Mile, Tyler, Tex. (9 a.m., J.L. Reed, 1311 Balmoral Dr., Tyler, Texas 75701).
- 15 Oklahoma City R.C. Marathon, Oklahoma City, Okla. (8 a.m., Vern Whiteside, 6916 S. Knoxville Ave., Tulsa, Okla. 74136).
- 15 4-Mile and 12-Mile, Texarkana, Ark. (Spring Lake Park, 9 a.m., Bill Jones, 1209 Trinity St., Texarkana, Tex. 75501).
- 22 American Nat. Marathon, Galveston Island, Tex. (10 a.m., Seawall Blvd., Gerrit M. Hoogenboezem, P.O. Box 2052, Galveston, Tex.).
- 29 GAAU Men's & Women's X-C, Houston, Area, Tex. (Neal Picken, 10106 Newdale, Houston, Tex. 77072).

## ROCKIES

- 8 SNAAU 15-Km., Las Vegas, Nev. (9 a.m., Sunset Park, Las Vegas TC, Box 869, Las Vegas, Nev. 89101).
- 15 SNAAU One-Hour Run, Las Vegas, Nev. (9 a.m., Univ. LV Track, Las Vegas TC, Box 869, Las Vegas, Nev. 89101).
- 22 SNAAU 6-Mile X-C, Las Vegas, Nev. (9 a.m., Sunset Park, Las Vegas TC, Box 869, Las Vegas, Nev. 89101).
- 29 SNAAU 20-Km., Las Vegas, Nev. (9 a.m., Sunset Park, Las Vegas TC, Box 869, Las Vegas, Nev. 89101).

## WEST

- 1 Almond Bowl Run 3-and 6-Mile, Chico, Calif. (10 a.m., Walt Schafer, Chico Running Club, 1413 Salem St., Chico, Calif. 95926).
- 2 Cal State Sonoma Marathon, (PA-AAU Champ.), Rohnert Park, Cal. (Bob Lynde, Track Coach/Cal State Sonoma, Cal. 94928).
- 15 Cheny Marathon & Mini-Marathon, Cheny, Wash.,

- (11 a.m., Moos Field, Cheney Track Club, c/o Lawson Van Kuren, 418 Cocolla, Cheney, Wash. 99004).
- 15 PA-AAU X-C 10-Km. Championship, Belmont Hills, Cal. (1 p.m., Crystal Springs X-C Course, Jack Leydig, P.O. Box 1551, San Mateo, Cal. 94401).
- 16 Hawaii AAU 25-Km, Honolulu, Hawaii (Schofield Barracks, James Moberly, 44-122 Kalenakai Place, Kaneohe, Hawaii, 96744).
- 22 Ore AAU-USTFF X-C Champ. 10,000-meter., Eugene, Ore. (11 a.m., Lane Comm. College, Al Tarpenning, Lane Comm. College, Eugene, Ore. 97401).
- 22 USTFF West. Reg. X-C Champ. 6-Mile, Fresno, Calif. (Bill Cockerham, 1717 South Chestnut Ave., Fresno, Calif. 93702).
- 29 Island Marathon, Portland, Ore. (11 a.m., Sauvie Island, Ken Weidkamp, 14230 S.W. Derby St., Beaverton, Ore. 97005).
- 29 Seattle Marathon, Seattle, Wash. (11 a.m., Seward Park, U. of Washington Running Club, I.M.A. Bldg., Univ. of Washington, Seattle, Wash.).
- 29 Women's Nat. AAU X-C Champ. (To be announced, Dr. Harmon Brown, 1335 David Ct. San Mateo, Cal. 94403).
- 30 Pepsi 20-Mile, Sacramento, Calif. (noon, Kennedy H.S., Elaine Hocking, 5200 Riverside Blvd., Apt. 5, Sacramento, Cal. 95822).

## WALKS

- 2 Nat. AAU 35-Km. walk, Pittsburgh, Pa.
- 9 Nat. AAU Class B 35-Km walk, Pittsburgh, Pa.
- 9 10-Km Race Walk, Lakeland, Fla. (9 a.m., Civic Center, John Scimone, 631 Young Place, Lakeland, Fla. 33803).
- 9 Nat. AAU Class B 50-Km). Walk, Jefferson City, Mo. (9 a.m., Renz Farm, Joe Duncan, 4004 Defoe Dr., Columbia, Mo. 65201).
- 23 Nat. AAU Class B 30-Km, Walk, Chicago, Ill.

## FUN-RUNS

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# Readers' Comments

## PREFONTAINE

Your article "Steve Prefontaine's Last Miles" (Aug. '75) strikes me as a rather poor attempt to rationalize regarding a tragedy in which some of the basic causes are rather easily determined. Are you trying to convince your readers that drinking beer is what the Olympic Games are all about? How did you determine that everyone knows runners wind down with a few beers? How many is a few?

I have investigated hundreds of automobile crashes in which people died, many of them young ones in their prime, and it leaves me a little cold when someone (probably with good intentions) says one thing favorable about the use of alcoholic beverages by drivers.

*Boyd Stout  
Alamogordo, N.M.*

## ANSWERS

I was stunned when I heard that Steve Prefontaine was killed. But as the days went by, the incident passed in my mind. Still, subconsciously something was bothering me. Many doors were still left opened about him and what had happened.

When I read "Steve Prefontaine's Last Miles," I was finally at ease, because some of the holes were filled about what had happened in those last hours. The article did him justice, which he didn't get from many other sources.

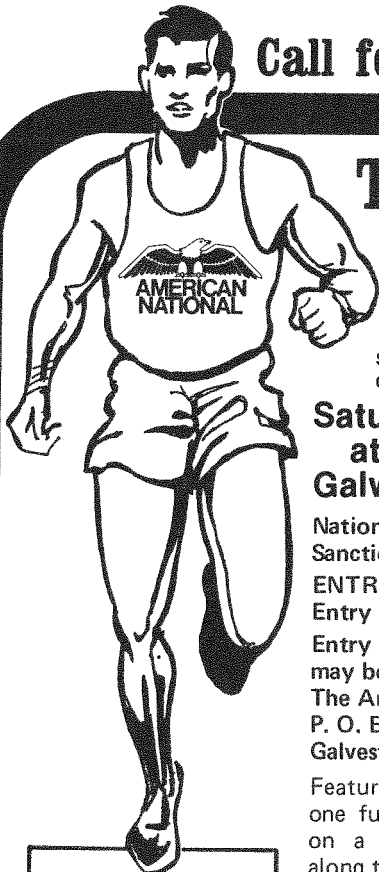
*Mike Curtis  
Ft. Walton Beach, Fla.*

## FALLING

I found Haydn Gilmore's short piece ("Before the Fall," Aug. '75) helpful, except where he implies that falling in a race produces below-par times. My only fall occurred in a cross-country race when I was running lethargically at the back of the pack. Suddenly I was on my side, sliding smoothly along in the soft mud. In one motion, I was back on my feet, mad and determined to get back into the race. With my adrenalin now flowing, I picked up my pace and placed better than I had expected.

However, that fall did provide the perfect excuse as to why I hadn't done even better. For after I crossed the fin-

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40-46	1-5		
47-54	1-5		
55-60	1-3		
61 & over	1-2		

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ish line, I made no effort to wipe off my mud-encrusted body but limped toward a couple of friends who were officiating.

"Geez, what happened to you?" one asked.

"Well, I was really in it till all at once I went down just like poor ol' Ryun at Munich. After that, it was all over . . ."

James Rick  
 Eugene, Ore.

### COMPULSIVE

Ron Abell ("Confessions of a Compulsive," Aug. '75) stated his problem himself when he wrote, "My routine was rigid." It seems to me that the cause of his conducting himself as he does is rigidity rather than compulsion.

The workouts of a specific number of miles or hours a week can be scheduled in unlimited ways. Just because a race is scheduled doesn't mean it must be run. A flexible individual can decide to run only so many races a year regardless of the number scheduled. This of course provides a number of non-racing weekends.

Abell clearly illustrated his inflexibility when he stopped running completely for over two months. Workouts could have been cut in half or thirds, either in days or distance. But it had to be all or nothing.

Steve Hidden  
 Denver, Colo.

### OPINIONS

I want to congratulate you on your (August) issue. I particularly appreciate your printing the article by this fellow Abell on giving up running completely for 10 weeks. Apart from the fact that he's exactly my age (I've had some of the same thoughts) it was a most thoughtful article.

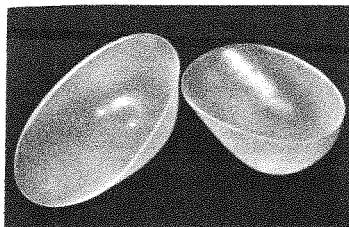
Your staff is to be applauded for running it, even though it obviously would be detrimental to your sales if everybody adopted its point of view. Yet it's precisely because you welcome such diversity of opinion and give it full expression that *RW* is such a delight.

Sidney Landau  
 New York, N.Y.

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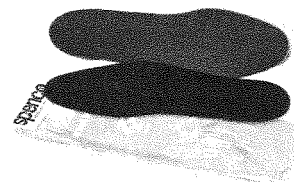
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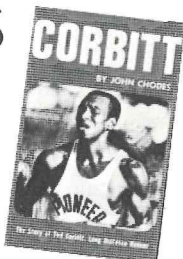
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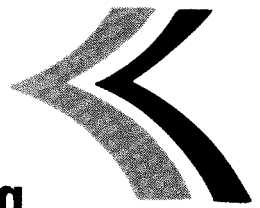
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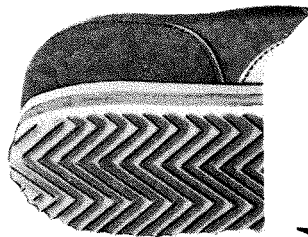
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